Nitrogen stocks are normalized to be 100mM nitrogen in a total value of 100mL dH₂O. As different nitrogen compounds contain different numbers of nitrogen atoms the molarity of the compounds differ:

Nitrogen compounds containing 1N

Proline (C₅H₉NO₂, mw = 115.13g/mol): dissolve 1.15g in 100mL dH₂O (100mM proline, 100mM nitrogen)
Glutamate (C₅H₉NO₄, mw = 147.13g/mol): dissolve 1.47g in 100mL dH₂O (100mM glutamate, 100mM nitrogen)

Nitrogen compounds containing 2N

Glutamine (C₅H₁₀N₂O₃, mw = 146.14g/mol): dissolve 0.73 g in 100mL dH₂O (50mM glutamine, 100mM nitrogen)
Ammonium Sulfate ((NH₄)₂SO₄, mw = 132.14g/mol): dissolve 0.66g in 100mL dH₂O (50mM Ammonium sulfate, 100mM nitrogen)
Urea (CH₄N₂O, mw = 60.06g/mol): dissolve 0.30g in 100mL dH₂O (50mM Urea, 100mM nitrogen)

Nitrogen compounds containing 4N

Arginine (C₆H₁₄N₄O₂, mw=174.2g/mol): dissolve 0.4355g in 100mL dH₂O (25mM arginine, 100mM nitrogen)
Allantoin (C₄H₆N₄O₃, mw = 158.121g/mol): dissolve 0.395g in 100mL dH₂O (25mM allantoin, 100mM nitrogen)