Comparison of plant growth from nitrogen in nitrate form and ammonium

The chart shows the results of a test done isolating the effects of the ammonium form and nitrate form of nitrogen on plant growth. Most plants prefer to utilize nitrogen in the ammonia (ammonium NH$_4^+$) form. Note, however, that certain plants derive a greater benefit from the nitrate form (NO$_3^-$). That's why Flourish Nitrogen™ contains both the nitrate form as well as in an ammonical equivalent form.