

# PLENNY SHAKE IS A VERY EASY WAY OF SAVING TIME AND STAYING HEALTHY. NOW, WHILE ENJOYING YOUR MEAL, LET'S TAKE A MOMENT TO THINK ABOUT ALL OF THE THINGS YOU COULD DO WITH THE EXTRA BIT OF TIME.

OPEN HERE

RESEALABLE

**EN** Ready-made nutritious powder meal with coffee flavour, sweetener and added vitamins and minerals. High caffeine content. Not recommended for children or pregnant or breast-feeding women. (25 mg caffeine per 100 ml of prepared product). Directions for usage: Mix 95g Plenny Shake with 300ml of water. One pouch Plenny Shake contains 5 portions. Ingredients: oatmeal, vitamins and minerals mix (maltodextrin, sodium citrate, calcium chloride, choline bitartrate, sodium chloride, vitamin C, vitamin E, vitamin D, vitamin A, niacin, sodium fluoride, pantothenic acid, vitamin B6, potassium iodate, chromium(III)chloride, sodium molybdate, biotin, Vitamin B12), soy flour, sunflower oil, ground flaxseed, coffee flavour, caffeine, sweetener: sucralose. Best before: see backside. Store in a cool and dry place.

**NL** Kant en klare voedzame poedermaltijd met koffiesmaak, zoetstof en toegevoegde vitamines en mineralen. Hoog cafeïnegehalte. Niet aanbevolen voor kinderen en vrouwen die zwanger zijn of borstvoeding geven. (25 mg cafeïne per 100 ml bereid product). Gebruiksaanwijzing: Meng 95g Plenny Shake met 300ml water. Een zak Plenny Shake bevat 5 porties. Ingrediënten: havermeel, vitamines en mineralen mix (maltodextrine, natriumcitraat, calciumchloride, choline bitartraat, natriumchloride, vitamine C, vitamine E, vitamine D, vitamine A, niacine, natriumfluoride, pantotheenzuur, vitamine B6, kaliumjodaat, chroom(III)chloride, natriummolybdaat, biotine, vitamine B12), sojameel, zonnebloemolie, gemalen lijnzaad, koffiesmaakaroma, cafeïne, zoetstof: sucralose. Ten minste houdbaar tot: zie achterkant. Bewaar in een koele en droge omgeving.

**DE** Fertig nahrhaft pulver Mahlzeit mit Kaffee-Geschmack, Süßungsmittel und Vitaminen und Mineralstoffe. Erhöhter Koffeingehalt. Für Kinder und schwangere oder stillende Frauen nicht empfohlen. (25 mg Coffein pro 100 ml zubereitetes Produkt). Zubereitungsmethode: 95g Plenny Shake mit 300ml Wasser vermischen. Eine Tasche Plenny Shake enthält 5 Portionen. Zutaten: Hafermehl, Vitamine und Mineralien Mix (Maltodextrin, Natriumcitraat, Calciumchlorid, Cholinbitartrat, Natriumchlorid, Vitamin C, Vitamin E, Vitamin D, Vitamin A, Niacin, Natriumfluorid, Pantotheensäure, Vitamin B6, Kaliumjodat, Chrom(III)chlorid, Natriummolybdat, Biotin, Vitamin B12), Sojamehl, Sonnenblumenöl, gemahlene Leinsamen, Kaffeegeschmackaroma, Koffein, Süßungsmittel: Sucralose. Mindestens haltbar bis: siehe Rückseite. Kühl und trocken lagern.

## Water

Add as much water as you want in your shaker bottle or blender. We suggest starting off with around 150ml (5oz) of water per scoop, but it really depends on how watery you like it.



## Scoop

One scoop (50 g) of Plenny Shake is approximately 200 kcal. Use a scale if you want to be exact. Add more scoops to reach your desired meal size.



## Mix

Shake your bottle well until all the water has mixed with the powder. You can pop some ice in your shake or refrigerate it before drinking. Store any mixed shake in your fridge and consume your shake within 2 days.



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Gemiddelde voedingswaarde per/  
Average nutritional value per 100 g 95 g\*\*\*

	100 g	95 g***	%**
Energie/Energy	1756 kJ 420 kcal	1674 kJ 400 kcal	20%** 20%**
Vetten/Fat	14 g	13 g	19%**
waarvan verzadigde vetzuren/ of which saturates	2,1 g	2,0 g	10%**
Koolhydraten/Carbohydrate	55 g	52 g	20%**
waarvan suikers/of which sugars	5,4 g	5,2 g	6%**
Vezels/Fibre	7,4 g	7,1 g	20%**
Eiwitten/Protein	15 g	15 g	29%**
Zout/Salt	0,43 g	0,41 g	8%**

Vitaminen-Mineralen per/  
Vitamins-Minerals per 100 g 95 g\*\*\*

	100 g	95 g***	%*
Vitamine/Vitamin A	169 µg	160 µg	20%*
Vitamine/Vitamin D	3,2 µg	3,0 µg	60%*
Vitamine/Vitamin E	4,7 mg	4,5 mg	38%*
Vitamine/Vitamin K	20 µg	19 µg	25%*
Vitamine/Vitamin C	17 mg	16 mg	20%*
Thiamine/Thiamin	0,4 mg	0,4 mg	38%*
Riboflavine/Riboflavin	0,4 mg	0,3 mg	24%*
Niacine/Niacin	3,4 mg	3,2 mg	20%*
Vitamine/Vitamin B6	0,3 mg	0,3 mg	20%*
Foliumzuur/Folic Acid	105 µg	99 µg	50%*
Vitamine/Vitamin B12	0,5 µg	0,5 µg	20%*
Biotine/Biotin	11 µg	10 µg	20%*
Pantotheenzuur/Pantothenic acid	1,3 mg	1,2 mg	20%*
Kalium/Potassium	815 mg	774 mg	39%*
Chloride/Chloride	168 mg	160 mg	20%*
Calcium/Calcium	168 mg	160 mg	20%*
Fosfor/Phosphorus	306 mg	291 mg	42%*
Magnesium/Magnesium	175 mg	166 mg	44%*
Ijzer/Iron	3,2 mg	3,1 mg	22%*
Zink/Zinc	2,3 mg	2,2 mg	22%*
Koper/Copper	1,0 mg	0,9 mg	91%*
Mangaan/Manganese	2,2 mg	2,1 mg	104%*
Fluoride/Fluoride	0,7 mg	0,7 mg	20%*
Seleen/Selenium	15 µg	14 µg	25%*
Chroom/Chromium	8,4 µg	8,0 µg	20%*
Molybdeen/Molybdenum	11 µg	10 µg	20%*
Jood/Iodine	32 µg	30 µg	20%*

\* % van de dagelijkse referentie-inname voor vitamines en mineralen/  
% of the daily reference intake for vitamins and minerals.

\*\* Referentie-inname van een gemiddelde volwassene (8 400 kJ/2 000 kcal)/  
Reference intake of an average adult (8400 kJ/2000 kcal)

\*\*\* 1 portie/serving = 95 g

475 g e

geproduceerd  
door/produced by/  
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