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Health Benefits

Consumption of Mana, thanks to its wide spectrum of nutrients, including vitamins and minerals, brings **173 benefits to your body and brain** according to the scientific evaluations of the European Food Safety Authority (EFSA). The following scientific data shows that Mana is not only a nutritionally complete food, but a well-balanced and highly soluble multivitamin. It has been created to promote a balanced diet and healthy lifestyle.

The table below shows the amount of active substances in a daily portion of ManaPowder. In case of ManaDrink, the amounts of some of these substances may vary slightly.

Daily portion of ManaPowder = 5 servings
Daily portion of ManaDrink = 6 servings

Heart

Active substance		Health benefit*	Daily intake reference value**	Amount in a daily portion of ManaPowder
Beta-glucans	1	Beta-glucans contribute to the maintenance of normal blood cholesterol levels.	This benefit is achieved by consuming 3 g of beta-glucans daily.	9.5 g
Eicosapentae-noic acid (EPA) and docosa-hexaenoic acid (DHA)	2	EPA and DHA contribute to normal heart function.	This benefit is achieved by consuming 250 mg of DHA and EPA daily.	1 150 mg of DHA/EPA, 1 105 mg of which are DHA
Alpha-linolenic acid (ALA)	3	ALA contributes to the maintenance of normal blood cholesterol levels.	This benefit is achieved by consuming 2 g of ALA daily.	5 350 mg of ALA
Potassium	4	Potassium contributes to the maintenance of normal blood pressure.	3 500 mg	3 500 mg
Thiamine	5	Thiamine contributes to normal heart function.	1.1 mg	1.5 mg
Vitamin C	6	Vitamin C contributes to normal collagen formation for the normal function of blood vessels.	80 mg	100 mg

Muscles and Bones

Active substance		Health benefit*	Daily intake reference value**	Amount in a daily portion of ManaPowder
Protein (soy and pea protein isolate, oat protein, hemp protein, brown rice protein, algae protein)	7	Protein contributes to the growth of muscle mass.	50 g (Protein must represent at least 12% of the energy value of the food.)	100 g (Protein represents 20% of the total energy value.)
	8	Protein contributes to the maintenance of muscle mass.		
	9	Protein contributes to the maintenance of normal bones.		
Vitamin C	10	Vitamin C contributes to normal collagen formation for the normal function of bones.	80 mg	100 mg
	11	Vitamin C contributes to normal collagen formation for the normal function of cartilage.		
Vitamin D	12	Vitamin D contributes to the maintenance of normal bones.	5 µg	6.5 µg
	13	Vitamin D contributes to normal muscle function.		
Vitamin K	14	Vitamin K contributes to the maintenance of normal bones.	75 µg	75 µg
Potassium	15	Potassium contributes to normal muscle function.	2 000 mg	3 500 mg
Phosphorus	16	Phosphorus contributes to the maintenance of normal bones.	700 mg	1 500 mg
Magnesium	17	Magnesium contributes to normal muscle function.	375 mg	375 mg

Active substance		Health benefit*	Daily intake reference value**	Amount in a daily portion of ManaPowder
Magnesium	18	Magnesium contributes to the maintenance of normal bones.	375 mg	375 mg
Calcium	19	Calcium contributes to normal muscle function.	800 mg	1 000 mg
	20	Calcium is necessary for the maintenance of normal bones.		
Manganese	21	Manganese contributes to the maintenance of normal bones.	2 mg	3.5 mg
Zinc	22	Zinc contributes to the maintenance of normal bones.	10 mg	14 mg

Vision

Active substance		Health benefit*	Daily intake reference value**	Amount in a daily portion of ManaPowder
Docosahexaenoic acid (DHA)	23	DHA contributes to the maintenance of normal vision.	This benefit is achieved by consuming 250 mg of DHA daily.	1 105 mg of DHA
Riboflavin	24	Riboflavin contributes to the maintenance of normal vision.	1.4 mg	1.5 mg
Vitamin A	25	Vitamin A contributes to the maintenance of normal vision.	800 µg	800 µg
Zinc	26	Zinc contributes to the maintenance of normal vision.	10 mg	14 mg

Brain Function

Active substance		Health benefit*	Daily intake reference value**	Amount in a daily portion of ManaPowder
Docosahexaenoic acid (DHA)	27	DHA contributes to normal brain function.	This benefit is achieved by consuming 250 mg of DHA daily.	1 105 mg of DHA
Thiamine	28	Thiamine contributes to normal psychological function.	1.1 mg	1.5 mg
	29	Thiamine contributes to normal nervous system function.		
Riboflavin	30	Riboflavin contributes to normal nervous system function.	1.4 mg	1.5 mg
Niacin	31	Niacin contributes to normal nervous system function.	16 mg	20 mg
	32	Niacin contributes to normal psychological function.		
Pantothenic acid	33	Pantothenic acid contributes to normal mental performance.	6 mg	10.5 mg
Vitamin B6	34	Vitamin B6 contributes to normal psychological function.	1.4 mg	1.55 mg
	35	Vitamin B6 contributes to normal nervous system function.		
Biotin	36	Biotin contributes to normal nervous system function.	50 µg	55 µg

Active substance		Health benefit*	Daily intake reference value**	Amount in a daily portion of ManaPowder
Biotin	37	Biotin contributes to normal psychological function	50 µg	55 µg
Folate (folic acid)	38	Folate contributes to normal psychological function.	200 µg	400 µg
Vitamin B12	39	Vitamin B12 contributes to normal psychological function.	2.5 µg	11 µg
	40	Vitamin B12 contributes to normal nervous system function.		
Vitamin C	41	Vitamin C contributes to normal psychological function.	80 mg	100 mg
	42	Vitamin C contributes to normal nervous system function.		
Magnesium	43	Magnesium contributes to normal psychological function.	375 mg	375 mg
	44	Magnesium contributes to normal nervous system function.		
Calcium	45	Calcium contributes to normal neurotransmission.	800 mg	1 000 mg
Potassium	46	Potassium contributes to normal nervous system function.	2 000 mg	3 500 mg
Iodine	47	Iodine contributes to normal nervous system function.	150 µg	180 µg
	48	Iodine contributes to normal cognitive function.		

Active substance		Health benefit*	Daily intake reference value**	Amount in a daily portion of ManaPowder
Copper	49	Copper contributes to normal nervous system function.	1 mg	1.5 mg
Zinc	50	Zinc contributes to normal cognitive function.	10 mg	14 mg
Iron	51	Iron contributes to normal cognitive function.	14 mg	17 mg

Immunity and Blood Formation

Active substance		Health benefit*	Daily intake reference value**	Amount in a daily portion of ManaPowder
Riboflavin	52	Riboflavin contributes to the maintenance of normal red blood cells.	1.4 mg	1.5 mg
	53	Riboflavin contributes to the normal metabolism of iron.		
	54	Riboflavin contributes to the protection of cells from oxidative stress.		
Vitamin B6	55	Vitamin B6 contributes to normal red blood cell formation.	1.4 mg	1.55 mg
	56	Vitamin B6 contributes to normal immune system function.		
Folate (folic acid)	57	Folate contributes to normal blood formation.	200 µg	400 µg
	58	Folate contributes to normal immune system function.		
Vitamin B12	59	Vitamin B12 contributes to normal red blood cell formation.	2.5 µg	11 µg
	60	Vitamin B12 contributes to normal immune system function.		
Vitamin C	61	Vitamin C contributes to normal immune system function.	80 mg	100 mg
	62	Vitamin C helps maintain normal immune system function during and after intense physical exercise.		

Active substance		Health benefit*	Daily intake reference value**	Amount in a daily portion of ManaPowder
Vitamin C	63	Vitamin C contributes to the protection of cells from oxidative stress.	80 mg	100 mg
	64	Vitamin C contributes to regeneration of the reduced form of vitamin E.		
Vitamin A	65	Vitamin A contributes to normal immune system function.	800 µg	800 µg
Vitamin D	66	Vitamin D contributes to normal immune system function.	5 µg	6.5 µg
Vitamin E	67	Vitamin E contributes to the protection of cells from oxidative stress.	12 mg	20 mg
Vitamin K	68	Vitamin K contributes to normal blood clotting.	75 µg	75 µg
Manganese	69	Manganese contributes to the protection of cells from oxidative stress.	2 mg	10 mg
Copper	70	Copper contributes to the protection of cells from oxidative stress.	1 mg	1.5 mg
	71	Copper contributes to normal immune system function.		
Calcium	72	Calcium contributes to normal blood clotting.	800 mg	1 000 mg
Selenium	73	Selenium contributes to normal immune system function.	55 µg	55 µg
	74	Selenium contributes to the protection of cells from oxidative stress.		

Active substance		Health benefit*	Daily intake reference value**	Amount in a daily portion of ManaPowder
Zinc	75	Zinc contributes to normal immune system function.	10 mg	14 mg
	76	Zinc contributes to the protection of cells from oxidative stress.		
Iron	77	Iron contributes to normal immune system function.	14 mg	17 mg
	78	Iron contributes to normal formation of red blood cells and haemoglobin.		

Metabolism

Active substance		Health benefit*	Daily intake reference value**	Amount in a daily portion of ManaPowder
Thiamine	79	Thiamine contributes to normal energy-yielding metabolism.	1.1 mg	1.5 mg
Riboflavin	80	Riboflavin contributes to normal energy-yielding metabolism.	1.4 mg	1.5 mg
	81	Riboflavin contributes to the reduction of tiredness and fatigue.		
Niacin	82	Niacin contributes to the reduction of tiredness and fatigue.	16 mg	20 mg
Biotin	83	Biotin contributes to normal energy-yielding metabolism.	50 µg	55 µg
	84	Biotin contributes to normal macronutrient metabolism.		
Niacin	85	Niacin contributes to normal energy-yielding metabolism.	16 mg	20 mg
Pantothenic acid	86	Pantothenic acid contributes to normal energy-yielding metabolism.	6 mg	10.5 mg
	87	Pantothenic acid contributes to normal synthesis and metabolism of steroid hormones, vitamin D, and some neurotransmitters.		
	88	Pantothenic acid contributes to the reduction of tiredness and fatigue.		

Active substance		Health benefit*	Daily intake reference value**	Amount in a daily portion of ManaPowder
Vitamin B6	89	Vitamin B6 contributes to normal cysteine synthesis.	1.4 mg	1.55 mg
	90	Vitamin B6 contributes to normal energy-yielding metabolism.		
	91	Vitamin B6 contributes to normal homocysteine metabolism.		
	92	Vitamin B6 contributes to normal protein and glycogen metabolism.		
	93	Vitamin B6 contributes to the reduction of tiredness and fatigue.		
Folate (folic acid)	94	Folate contributes to normal amino acid synthesis.	200 µg	400 µg
	95	Folate contributes to normal homocysteine metabolism.		
	96	Folate contributes to the reduction of tiredness and fatigue.		
Vitamin B12	97	Vitamin B12 contributes to normal homocysteine metabolism.	2.5 µg	11 µg
	98	Vitamin B12 acid contributes to the reduction of tiredness and fatigue.		
	99	Vitamin B12 contributes to normal energy-yielding metabolism.		

Active substance		Health benefit*	Daily intake reference value**	Amount in a daily portion of ManaPowder
Vitamin C	100	Vitamin C contributes to normal energy-yielding metabolism.	80 mg	100 mg
	101	Vitamin C contributes to the reduction of tiredness and fatigue.		
Magnesium	102	Magnesium contributes to normal energy-yielding metabolism.	375 mg	375 mg
	103	Magnesium contributes to normal protein synthesis.		
	104	Magnesium contributes to the reduction of tiredness and fatigue.		
Calcium	105	Calcium contributes to normal energy-yielding metabolism.	800 mg	1 000 mg
	106	Calcium contributes to the normal function of digestive enzymes.		
Chloride	107	Chloride contributes to normal digestion by producing hydrochloric acid in the stomach.	800 mg	1 850 mg
Chromium	108	Chromium contributes to normal macronutrient metabolism.	40 µg	60 µg
Iodine	109	Iodine contributes to normal energy-yielding metabolism.	150 µg	180 µg
Manganese	110	Manganese contributes to normal energy-yielding metabolism.	2 mg	10 mg

Active substance		Health benefit*	Daily intake reference value**	Amount in a daily portion of ManaPowder
Copper	111	Copper contributes to normal energy-yielding metabolism.	1 mg	1.5 mg
Molybdenum	112	Molybdenum contributes to normal sulfur amino acid metabolism.	50 µg	150 µg
Zinc	113	Zinc contributes to normal protein synthesis.	10 mg	14 mg
	114	Zinc contributes to normal DNA synthesis.		
	115	Zinc contributes to normal macronutrient metabolism.		
	116	Zinc contributes to normal metabolism of fatty acids.		
	117	Zinc contributes to the normal metabolism of carbohydrates.		
Iron	118	Iron contributes to normal energy-yielding metabolism.	14 mg	17 mg
	119	Iron contributes to the reduction of tiredness and fatigue.		
Phosphorous	120	Phosphorous contributes to normal energy-yielding metabolism.	700 mg	1 500 mg

Glycemia (Concentration of Glucose in the Blood)

Active substance		Health benefit*	Daily intake reference value**	Amount in a daily portion of ManaPowder
Isomaltulose	121	Consumption of Mana, which contains isomaltulose instead of other sugars, raises the level of blood glucose less than consumption of foods containing other sugars.	90 g (The benefit is achieved if at least 30% of the sugar in a food comes from isomaltulose.)	35 g of sugar in the form of isomultalose (100% of the sugar comes from isomultalose.)
Chromium	122	Chromium contributes to the maintenance of normal blood glucose levels.	40 µg	50 µg

Skin and Mucous Membranes

Active substance		Health benefit*	Daily intake reference value**	Amount in a daily portion of ManaPowder
Riboflavin	123	Riboflavin contributes to the maintenance of normal skin.	1.4 mg	1.5 mg
	124	Riboflavin contributes to the maintenance of normal mucous membranes.		
Niacin	125	Niacin contributes to the maintenance of normal mucous membranes.	16 mg	20 mg
	126	Niacin contributes to the maintenance of normal skin.		
Biotin	127	Biotin contributes to the maintenance of normal mucous membranes.	50 µg	55 µg
	128	Biotin contributes to the maintenance of normal skin.		
Vitamin A	129	Vitamin A contributes to the maintenance of normal mucous membranes.	800 µg	800 µg
	130	Vitamin A contributes to the maintenance of normal skin.		
Vitamin C	131	Vitamin C contributes to normal collagen formation for the normal function of skin.	80 mg	100 mg
Iodine	132	Iodine contributes to the maintenance of normal skin.	150 µg	180 µg

Active substance		Health benefit*	Daily intake reference value**	Amount in a daily portion of ManaPowder
Manganese	133	Manganese contributes to the normal formation of connective tissue.	2 mg	10 mg
Copper	134	Copper contributes to maintenance of normal connective tissues.	1 mg	1.5 mg
	135	Copper contributes to normal skin pigmentation.		
Zinc	136	Zinc contributes to the maintenance of normal skin.	10 mg	14 mg

Teeth and Gums

Active substance		Health benefit*	Daily intake reference value**	Amount in a daily portion of ManaPowder
Vitamin C	137	Vitamin C contributes to normal collagen formation for the normal function of gums.	80 mg	100 mg
	138	Vitamin C contributes to normal collagen formation for the normal function of teeth.		
Vitamin D	139	Vitamin D contributes to the maintenance of normal teeth.	5 µg	6.5 µg
Phosphorous	140	Phosphorus contributes to the maintenance of normal teeth.	700 mg	1 500 mg
Magnesium	141	Magnesium contributes to the maintenance of normal teeth.	375 mg	375 mg
Calcium	142	Calcium is necessary for the maintenance of normal teeth.	800 mg	1 000 mg

Hair and Nails

Active substance		Health benefit*	Daily intake reference value**	Amount in a daily portion of ManaPowder
Biotin	143	Biotin contributes to the maintenance of normal hair.	50 µg	55 µg
Copper	144	Copper contributes to normal hair pigmentation.	1 mg	1.5 mg
	145	Copper contributes to normal transport of iron throughout the body.		
Selenium	146	Selenium contributes to the maintenance of normal hair.	55 µg	55 µg
	147	Selenium contributes to the maintenance of normal nails.		
	148	Selenium contributes to normal thyroid function.		
	149	Selenium contributes to normal spermatogenesis.		

Active substance		Health benefit*	Daily intake reference value**	Amount in a daily portion of ManaPowder
Zinc	150	Zinc contributes to the maintenance of normal hair.	10 mg	14 mg
	151	Zinc contributes to the maintenance of normal nails.		
	152	Zinc contributes to normal acid-base metabolism.		
	153	Zinc contributes to normal fertility and reproduction.		
	154	Zinc contributes to normal metabolism of vitamin A.		
	155	Zinc contributes to the maintenance of normal testosterone levels in the blood.		
	156	Zinc plays a role in the process of cell division.		
Folate (folic acid)	157	Folate contributes to maternal tissue growth during pregnancy.	200 µg	400 µg
	158	Folate plays a role in the process of cell division.		
Vitamin B12	159	Vitamin B12 plays a role in the process of cell division.	2.5 µg	11 µg
Vitamin B6	160	Vitamin B6 contributes to the regulation of hormonal activity.	1.4 mg	1.55 mg
Vitamin C	161	Vitamin C increases iron absorption.	80 mg	100 mg

Active substance		Health benefit*	Daily intake reference value**	Amount in a daily portion of ManaPowder
Vitamin A	162	Vitamin A contributes to normal iron metabolism.	800 µg	800 µg
	163	Vitamin A plays a role in the process of cell differentiation.		
Vitamin D	164	Vitamin D plays a role in the process of cell division.	5 µg	6.5 µg
	165	Vitamin D contributes to normal blood calcium levels.		
	166	Vitamin D plays a role in the process of cell division.		
Phosphorous	167	Phosphorus contributes to the normal function of cell membranes.	700 mg	1 500 mg
Magnesium	168	Magnesium contributes to electrolyte balance.	375 mg	375 mg
	169	Magnesium plays a role in the process of cell division.		
Calcium	170	Calcium plays a role in the process of cell division and differentiation.	800 mg	1 000 mg
Iodine	171	Iodine contributes to the normal production of thyroid hormones and normal thyroid function.	150 µg	180 µg
Iron	172	Iron contributes to normal transport of oxygen throughout the body.	14 mg	17 mg
	173	Iron plays a role in the process of cell division.		

** Individual benefits refer directly to scientific evaluations of the EFSA.*
*** The daily intake reference value indicates how much of a given substance must be consumed daily in order for it to benefit human health.*


MANA™