

Nutrition information



ManaBar Mark 8 Berries

Net content: one bar 50 g
28 bars per pack (1 400 g)
Serving Size: 50 g
Energy: 200 kcal / 835 kJ

Macronutrient Profile and Energy Ratios:

Protein: 11 g | 23 %
Carbohydrate: 17 g | 34 %
Fat: 9 g | 43 %

Storage:

Store in a dry place at 25°C.
Protect from direct sunlight.
Once opened, consume immediately.

Complies With:

a vegetarian, vegan and a Mediterranean diet.
Low sugar diet.

Doesn't Contain:

GMO-free, no animal products, no added colours,
no nuts, no preservatives, no doping agents, no palm oil.

Amount Per Serving	100 g (1 serving)	50 g (1 serving)	%* 1 serving
Fat	18 g	9 g	13 %
of which saturates	1,8 g	0,9 g	5 %
Carbohydrate	33 g	17 g	6 %
of which sugars	3 g	1,5 g	1,7 %
of which polyols	6 g	3 g	-
Fibre	13 g	6,5 g	-
Protein	22 g	11 g	22 %
Salt	0,6 g	0,3 g	5 %
Vitamins and minerals			%** 1 serving
A Retinol	118 µg		15 %
B1 Thiamin	0,2 mg		15 %
B2 Riboflavin	0,2 mg		15 %
B3 Niacin	2,4 mg		15 %
B5 Pantothenic acid	1,1 mg		18 %
B6 Pyridoxin	0,2 mg		15 %
B7 Biotin	7,4 µg		15 %
B9 Folic acid	40,0 µg		20 %
B12 Kobalamin	0,78 µg		31 %
C Ascorbic acid	12,0 mg		15 %
Ca Calcium	127 mg		16 %
Cr Chromium	8 µg		20 %
D Ergocalciferol, Cholecalciferol	0,74 µg		15 %
E Tokoferol	1,8 mg		15 %
I Iodine	22,3 µg		15 %
K Potassium	300 mg		15 %
K1 Fylochinon	11 µg		15 %
Mg Magnesium	57,3 mg		15 %
Se Selenium	8 µg		15 %
Zn Zinc	1,5 mg		15 %
Choline	18,5 mg		-
L-carnitine	20 mg		-
Taurine	20 mg		-

* Reference intake of an average adult (8 400 kJ/2 000 kcal).

** Nutrient reference value.

Amount Per Serving (50 g)

Nutritionally Complete Ingredients and Extracts 37 800 mg

oat flour, corn fiber, maltodextrin, protein (soy protein extrudate (isolated soy protein), isolated soy protein), linseed, rapeseed oil, sunflower seed, sunflower lecithin (phospholipids; emulsifier), infused blackcurrant 2 %, blackcurrant concentrate 0.3 %, blueberry concentrate 0.3 %.

Prebiotics & Fibre 6 500 mg

Oat fibre (from oat flour), corn fibre, flax and sunflower seed fibre.

Bioactive Compounds 1 000 mg

Potassium (potassium citrate, potassium chloride), sodium (naturally occurring in raw materials), calcium (calcium carbonate), magnesium (magnesium oxide), zinc (zinc gluconate), iodine (potassium iodate), vitamin A (retinol acetate), vitamin B1 | thiamine (thiamine hydrochloride), vitamin B2 (riboflavin), vitamin B3 | niacin (nicotinamide), vitamin B5 | pantothenic acid (calcium D-pantothenate), vitamin B6 (pyridoxine hydrochloride), vitamin B7 (biotin), vitamin B9 (folic acid), vitamin B12 | cobalamin (cyanocobalamin), vitamin C (ascorbic acid, ascorbyl palmitate), vitamin D2 (ergocalciferol), vitamin D3 from seaweed (cholecalciferol), vitamin E (dl-α-tocopheryl acetate), vitamin K1 (phyloquinone), vitamin B8 | choline (choline bitartrate), selenium (selenium enriched yeast), L-carnitine, taurine.

Phytonutrients*** 400 mg

Ferulic acid, daidzin, glycitin, genistin, daidzein, glycitein, genistein, beta carotene, lutein, zeaxanthin, avenanthramides, syringaresinol, pinosresinol, lariciresinol, beta-sitosterol, campesterol, brassicasterol, delta-5-avenasterol, chlorosterol, stigmasterol, 24-methylene-cholesterol, delta-7-campesterol, delta-5,24-stigmastadienol, sitostanol, delta-7-stigma stenol, campestanol, delta-7-avenasterol, phosphatidylcholine, phosphatidylethanolamine, phosphatidylserine, anthocyanins (from blackcurrants and blueberries)

*** Naturally occurring phytonutrients in plant ingredients and extracts.

Other Ingredients 4 300 mg

Maltitol (sweetener), glycerol (humectant), flavouring, sucralose (sweetener).