

Nutrition information



ManaBar Mark 8 Choco

Net content: one bar 50 g
28 bars per pack (1 400 g)
Serving Size: 50 g
Energy: 200 kcal / 834 kJ

Macronutrient Profile and Energy Ratios:

Protein: 10,3 g | 22 %
Carbohydrate: 16 g | 34 %
Fat: 9,5 g | 44 %

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	50 g (1 serving)	%* 1 serving
Fat	19 g	9,5 g	14 %
of which saturates	2 g	1 g	5 %
Carbohydrate	32 g	16 g	6 %
of which sugars	1,5 g	0,8 g	0,8 %
of which polyols	7 g	3,5 g	-
Fibre	14 g	7 g	-
Protein	21 g	10,3 g	21 %
Salt	0,6 g	0,3 g	5,0 %
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), fat-reduced cocoa powder.

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), salt (sodium chloride), 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-methyl-enecholesterol, delta-7-campesterol, delta-5,24-stigmastadienol, sitostanol, delta-7-stigma stenol, campestanol, delta-7-avenasterol, phosphatidylcholine, phosphatidylethanolamine, phosphatidylserine, theobromine, epicatechin, catechin, procyanidins, caffeine (from cocoa powder).

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

Other Ingredients 4 300 mg

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