

Nutrition information



ManaDrink Mark 8 Choco

Net content: 400ml
12 servings per pack
Serving Size: 400ml
Energy per serving: 330 kcal / 1 381 kJ

Macronutrient Profile and Energy Ratios:

Protein 17 g | 21%
Carbohydrate 28 g | 35%
Fat 16 g | 44%

Storage: Protect from heat and direct sunlight. Do not freeze. Shake before use and consume immediately after opening.

Complies With:

a vegetarian, vegan and a Mediterranean diet. Glycemic index 29, insulinemic index 41.

Doesn't Contain:

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

Amount Per Serving	100 ml (1 serving)	400 ml (1 serving)	%* 1 serving
Fat	4,0 g	16 g	23 %
of which saturates	0,4 g	1,6 g	8 %
Carbohydrate	7,0 g	28 g	11 %
of which sugars	1,6 g	6,5 g	7 %
Fibre	1,1 g	4,4 g	-
Protein	4,2 g	17 g	33 %
Salt	0,17 g	0,68 g	11 %
Vitamins and minerals			%** 1 Serving size
A Retinol		160 µg	20 %
B1 Thiamin		0,3 mg	27 %
B2 Riboflavin		0,3 mg	21 %
B3 Niacin		3,5 mg	22 %
B5 Pantothenic acid		1,7 mg	28 %
B6 Pyridoxin		0,31 mg	22 %
B7 Biotin		11 µg	22 %
B9 Folic acid		66,0 µg	33 %
B12 Kobalamin		1,8 µg	72 %
C Ascorbic acid		16 mg	20 %
Ca Calcium		200 mg	25 %
Cr Chromium		8 µg	20%
D Ergokalciferol, Cholekalciferol		3,0 µg	60 %
E Tokoferol		3,3 mg	28 %
I Iodine		30 µg	20 %
K Potassium		520 mg	26 %
K1 Fylochinon		15 µg	20 %
Mg Magnesium		75,0 mg	20 %
Se Selenium		12 µg	22%
Zn Zinc		2,3 mg	23 %
Choline		90 mg	-
L-carnitine		100 mg	-
Taurine		100 mg	-

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

** Nutrient reference value.

Amount Per Serving (400 ml)

Nutritionally Complete Ingredients and Extracts 66 242 mg

protein (soy and pea protein isolate, oat protein, brown rice protein, pumpkin seed protein, chlorella), maltodextrin, fat-reduced cocoa powder, oat fibre, isomaltulose (low glycemic index disaccharide; source of glucose and fructose), oil blend (canola oil, coconut-based medium-chain triglycerides oil containing C8 caprylic acid, oil from *Schizochytrium sp.* microalgae, sunflower oil, oat oil, cold-pressed flaxseed oil), emulsifier (soy lecithin).

Prebiotics 3 044 mg

oat fibre (beta-glucans), inulin from chicory (fructooligosaccharides FOS), carrot fibre.

Bioactive Compounds 2 300 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), chromium (chromium picolinate), L-carnitine, taurine.

Phytonutrients *** 685 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-methylenecholesterol, 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 253 mg

sweetener (sucralose), flavouring, insoluble fibre (cellulose, cellulose gum).

Filtered water 337 476 mg