

# Nutrition information



## ManaDrink Mark 8 Strawberry

**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
<b>Fat</b>	4,0 g	16 g	23 %
of which saturates	0,4 g	1,6 g	8 %
<b>Carbohydrate</b>	7,0 g	28 g	11 %
of which sugars	1,6 g	6,5 g	7 %
<b>Fibre</b>	1,1 g	4,4 g	-
<b>Protein</b>	4,2 g	17 g	33 %
<b>Salt</b>	0,17 g	0,68 g	11 %
<b>Vitamins and minerals</b>			%** 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, oat fibre, iso-maltulose (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- $\alpha$ -tocopheryl acetate), vitamin K1 (phylloquinone), 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.

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

### Other Ingredients 253 mg

sweetener (sucralose), flavouring, insoluble fibre (cellulose, cellulose gum), acidity regulator (citric acid), colour (carotenes, lycopene).

### Filtered water 337 476 mg