

Origin

Neutral

Nutrition Information MARK 6

35 servings per box / 5 servings per pouch

Serving size (400 kcal) **2 Mana™ scoops / 5 heaped tablespoons (86 g)**

	100 g	1 Serving (86 g)	%* 1 Serving
Energy kJ / kcal	1946 / 465	1674 / 400	20 %
Total Fat	22 g	19 g	27 %
Saturated Fat	2,3 g	2 g	10 %
Carbohydrates	38 g	33 g	13 %
Total Sugar	8,1 g	7 g	8 %
Fiber	8 g	7 g	—
Protein	24 g	21 g	42 %
Salt	1 g	0,9 g	15 %

Vitamins and minerals %** 1 Serving

Vitamin A	186 µg	160 µg	20 %
Thiamin	0,3 mg	0,3 mg	27 %
Riboflavin	0,3 mg	0,3 mg	21 %
Niacin	4,7 mg	4 mg	25 %
Pantothenic acid	2,4 mg	2,1 mg	35 %
Vitamin B6	0,4 mg	0,31 mg	22 %
Biotin	12,8 µg	11 µg	22 %
Folic acid	93,0 µg	80,0 µg	40 %
Vitamin B12	2,6 µg	2,2 µg	88 %
Vitamin C	23 mg	20 mg	25 %
Vitamin D	1,5 µg	1,3 µg	26 %
Vitamin E	4,7 mg	4 mg	33 %
Vitamin K	17 µg	15 µg	20 %
Potassium	814 mg	700 mg	35 %
Iodine	41,9 µg	36 µg	24 %
Magnesium	87 mg	75 mg	20 %
Calcium	233 mg	200 mg	25 %
Zinc	3,3 mg	2,8 mg	28 %

* Reference intake of an average adult (8400 kJ/2000 kcal).

** Nutrient reference value.



Mana™ is nutritionally complete food

Plant-based, high-protein drink powder fortified with vitamins and minerals, and containing sugars*** and sweetener. Store in a dry place. Protect from heat and direct sunlight. Once opened, consume within a month.

PREPARATION: For one serving, you need 86 g of powder (2 Mana™ scoops or 5 heaped tablespoons) and 300 ml of water. Shake well in a sealed bottle or mix in a blender. Adjust proportions as preferred.

INGREDIENTS: Proteins (soy and pea protein isolate, oat protein, hemp protein, brown rice protein, algae protein), maltodextrin, vegetable oils (canola oil, oil from *Schizochytrium sp.* microalgae, cold-pressed coconut oil, sunflower oil, oat oil, cold-pressed flaxseed oil, vitamin E, vitamin K1), oat beta-glucans, isomaltulose***, inulin, carrot fiber, emulsifier (soy lecithin), stabilizer (acacia gum, xanthan gum), vitamin and mineral blend (sodium chloride, potassium citrate, potassium chloride, calcium carbonate, magnesium lactate, zinc gluconate, potassium iodate, vitamin A, thiamine, riboflavin, niacin, pantothenic acid, vitamin B6, biotin, folic acid, vitamin B12, vitamin C, vitamin D2), sweetener (sucralose), flavoring.

*** Isomaltulose is a source of glucose and fructose.