

Nutrition information



ManaPowder Mark 8 Berries

Net content: 7 x 430 g pouches (3 010 g)
35 serving per pack / 5 serving per pouch
Serving Size: 86 g
Energy per serving: 400 kcal / 1 674 kJ

Macronutrient Profile and Energy Ratios:
Protein: 21 g | 22 %
Carbohydrate: 33 g | 34 %
Fat: 19 g | 44 %

Preparation: Serving size 400 kcal = 86 g of powder (2 Mana™ scoops or 5 heaped tablespoons) + 300 ml of water. Shake well in a sealed bottle or mix in a blender.

Storage: Store in a dry place. Protect from heat and direct sunlight. Once opened, consume within a month. Once mixed with water, it should be consumed within a few hours, or if refrigerated, within 24 hours. Re-shake before use.

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	100 g	86 g (1 serving)	%* 1 serving
Fat	22 g	19 g	27 %
of which saturates	2,3 g	2 g	10 %
Carbohydrate	38,6 g	33 g	13 %
of which sugars	9,7 g	8 g	9 %
Fibre	6,7 g	6 g	-
Protein	25 g	21 g	43 %
Salt	1 g	0,9 g	15 %
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		4,0 mg	25 %
B5 Pantothenic acid		2,1 mg	35 %
B6 Pyridoxin		0,31 mg	22 %
B7 Biotin		11 µg	22 %
B9 Folic acid		80,0 µg	40 %
B12 Cobalamin		2,2 µg	88 %
C Ascorbic acid		20 mg	25 %
Ca Calcium		200 mg	25 %
Cr Chromium		8 µg	20%
D Ergocalciferol, Cholecalciferol		3,0 µg	60 %
E Tocopherol		4,0 mg	33 %
I Iodine		36,0 µg	24 %
K Potassium		700 mg	35 %
K1 Phylloquinone		15 µg	20 %
Mg Magnesium		75,0 mg	20 %
Se Selenium		12 µg	22%
Zn Zinc		2,8 mg	28 %
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 (86 g)

Nutritionally Complete Ingredients and Extracts 78 730 mg

Protein (soy and pea protein isolate, oat protein, brown rice protein, pumpkin seed protein, chlorella), maltodextrin, 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), kombucha (freeze-dried powder), concentrate (carrot and hibiscus), concentrate (beetroot).

Prebiotics 3 970 mg

oat fibre (beta-glucans), inulin from chicory (fructooligosaccharides FOS), carrot fibre, acacia gum (soluble fibre), and xanthan gum (soluble fibre).

Bioactive Compounds 2 710 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 (phylloquinone), vitamin B8 | choline (choline bitartrate), selenium (selenium enriched yeast), chromium (chromium picolinate), L-carnitine, taurine, mixture of natural tocopherols.

Phytonutrients *** 830 mg

Ferulic acid, daidzin, glycitin, genistin, daidzein, glycitein, genistein, beta carotene, lutein, zeaxanthin, avenanthramides, syringaresinol, pinoresinol, 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, anthocyanins (from carrot and hibiscus), betalain (from beetroot).

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

Other Ingredients 50 mg

sweetener (sucralose), flavouring, acidity regulator (citric acid).