

# Nutrition information



## ManaPowder Mark 8 Family Pack Berries

**Net content:** 12.04kg

140 servings per pack

**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
<b>Fat</b>	22 g	19 g	27 %
of which saturates	2,3 g	2 g	10 %
<b>Carbohydrate</b>	38,6 g	33 g	13 %
of which sugars	9,7 g	8 g	9 %
<b>Fibre</b>	6,7 g	6 g	-
<b>Protein</b>	25 g	21 g	43 %
<b>Salt</b>	1 g	0,9 g	15 %
<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		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- $\alpha$ -tocopheryl acetate), vitamin K1 (phyloquinone), 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, sitosterol, 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).