

Origin

Neutral flavour

Nutrition information

MARK 6

5 servings per pouch / 35 servings per box

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

	100 g	1 serving	%** 1 serving
Energy			
kJ / kcal	1 946/ 465	1 674 / 400	20 %
Fat	22 g	19 g	27 %
of which saturates	2,3 g	2 g	10 %
Carbohydrate	38 g	33 g	13 %
of which sugars	8,1 g	7 g	8 %
Fibre	7,6 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 µg	80 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 (8 400 kJ/2 000 kcal).

*** Nutrient reference value.



ManaPowder™ is a nutritionally complete food.

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

INGREDIENTS: protein (soy and pea protein isolate, oat protein, hemp protein, brown rice protein, algae protein), maltodextrin, oat fibre, isomaltulose*, inulin, carrot fibre, vegetable oils (canola oil, oil from *Schizochytrium sp.* microalgae, cold-pressed coconut oil, sunflower oil, oat oil, cold-pressed flaxseed oil), emulsifier (soy lecithin), stabilizer (acacia gum, xanthan gum), vitamin and mineral blend (salt, 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), vitamin E, vitamin K1, mixed tocopherols, sweetener (sucralose), flavouring.

Rich in protein, vitamins, and minerals. Source of fibre and omega-3 fatty acids. The omega-3 content of unsaturated fatty acids is 1.5 g per 100 g. Contains sugars* and sweetener. Suitable for vegans. No GMOs.

STORAGE: Store in a dry place. Protect from heat and direct sunlight. Once opened, consume within a month. If placed in airtight containers and stored in the dark, the shelf life can be extended to 6 months from the date of opening.

* Isomaltulose is a source of glucose and fructose.