Nutrition information

ManaPowder Mark 8

Origin

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).

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.

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

Other Ingredients 50 mg

sweetener (sucralose), flavouring.

Nutrition information

ManaPowder Mark 8
Choco

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, fat-reduced cocoa powder, 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).

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, theobromine, epicatechin, catechin, procyanidins, caffeine (from cocoa powder).

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

Other Ingredients 50 mg

sweetener (sucralose), flavouring.

Nutrition information

ManaPowder Mark 8
Apricot

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 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 | |Beta-carotene		450 µg	56 %
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).

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 (beta-carotene), 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.

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

Other Ingredients 50 mg

sweetener (sucralose), flavouring, beta-carotene (colour).

Nutrition information

ManaPowder Mark 8
Lime Cake

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 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).

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.

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

Other Ingredients 50 mg

sweetener (sucralose), flavouring, acidity regulator (citric acid), colour (copper complexes of chlorophyllins).

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).

Nutrition information

ManaPowder Mark 8

Banana

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), turmeric extract.

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, curcuminoinds.

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

Other Ingredients 50 mg

sweetener (sucralose), flavouring, colour (carotenes).

Nutrition information

ManaDrink Mark 8
Origin

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	400 ml (1 serving)	%* 1 serving
Fat	4,0 g	16 g	23 %
of which saturates	0,4 g	1,6 g	8 %
Carbohydrate	7,0 g	28 g	11 %
of which sugars	1,6 g	6,5 g	7 %
Fibre	1,1 g	4,4 g	-
Protein	4,2 g	17 g	33 %
Salt	0,17 g	0,68 g	11 %
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		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, 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).

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-α-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, 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.
*** Naturally occurring phytonutrients in plant ingredients and extracts.

Other Ingredients	253 mg

sweetener (sucralose), flavouring, insoluble fibre (cellulose, cellulose gum).

Filtered water	337 476 mg

Nutrition information

ManaDrink Mark 8
Choco

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	400 ml (1 serving)	%* 1 serving
Fat	4,0 g	16 g	23 %
of which saturates	0,4 g	1,6 g	8 %
Carbohydrate	7,0 g	28 g	11 %
of which sugars	1,6 g	6,5 g	7 %
Fibre	1,1 g	4,4 g	-
Protein	4,2 g	17 g	33 %
Salt	0,17 g	0,68 g	11 %
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		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, fat-reduced cocoa powder, 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).

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-α-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, 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, theobromine, epicatechin, catechin, procyanidins, caffeine (from cocoa powder).
*** Naturally occurring phytonutrients in plant ingredients and extracts.

Other Ingredients	253 mg

sweetener (sucralose), flavouring, insoluble fibre (cellulose, cellulose gum).

Filtered water	337 476 mg

Nutrition information

ManaDrink Mark 8
Apricot

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 nuts, no preservatives, no doping agents.

Amount Per Serving	100 ml	400 ml (1 serving)	%* 1 serving
Fat	4,0 g	16 g	23 %
of which saturates	0,4 g	1,6 g	8 %
Carbohydrate	7,0 g	28 g	11 %
of which sugars	1,6 g	6,5 g	7 %
Fibre	1,1 g	4,4 g	-
Protein	4,2 g	17 g	33 %
Salt	0,17 g	0,68 g	11 %
Vitamins and minerals			**%** 1 Serving size**
A | Beta-carotene		450 µg	56 %
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, 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).

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 (beta-carotene), 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.

Phytonutrients ***	685 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.
*** Naturally occurring phytonutrients in plant ingredients and extracts.

Other Ingredients	253 mg

sweetener (sucralose), flavouring, insoluble fibre (cellulose, cellulose gum), carotenes (colour).

Filtered water	337 476 mg

Nutrition information

ManaDrink Mark 8
Lime Cake

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 nuts, no preservatives, no doping agents.

Amount Per Serving	100 ml	400 ml (1 serving)	%* 1 serving
Fat	4,0 g	16 g	23 %
of which saturates	0,4 g	1,6 g	8 %
Carbohydrate	7,0 g	28 g	11 %
of which sugars	1,6 g	6,5 g	7 %
Fibre	1,1 g	4,4 g	-
Protein	4,2 g	17 g	33 %
Salt	0,17 g	0,68 g	11 %
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		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, 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).

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-α-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, 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.
*** Naturally occurring phytonutrients in plant ingredients and extracts.

Other Ingredients 253 mg

sweetener (sucralose), flavouring, insoluble fibre (cellulose, cellulose gum), citric acid, copper complexes of chlorophyllins (colour).

Filtered water 337 476 mg

Nutrition information

ManaDrink Mark 8

Berries

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 nuts, no preservatives, no doping agents.

Amount Per Serving	100 ml	400 ml (1 serving)	%* 1 serving
Fat	4,0 g	16 g	23 %
of which saturates	0,4 g	1,6 g	8 %
Carbohydrate	7,0 g	28 g	11 %
of which sugars	1,6 g	6,5 g	7 %
Fibre	1,1 g	4,4 g	-
Protein	4,2 g	17 g	33 %
Salt	0,17 g	0,68 g	11 %
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		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, 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), concentrate (carrot and hibiscus).

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-α-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, 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, lycopene, anthocyanins (from carrot and hibiscus), betalain (from beetroot).

*** 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 (lycopene).

Filtered water	337 476 mg

Nutrition information

ManaDrink Mark 8

Banana

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	400 ml (1 serving)	%* 1 serving
Fat	4,0 g	16 g	23 %
of which saturates	0,4 g	1,6 g	8 %
Carbohydrate	7,0 g	28 g	11 %
of which sugars	1,6 g	6,5 g	7 %
Fibre	1,1 g	4,4 g	-
Protein	4,2 g	17 g	33 %
Salt	0,17 g	0,68 g	11 %
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		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, 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), turmeric extract.

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-α-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, 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, curcuminoinds.

*** 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).

Filtered water	337 476 mg

Nutrition information

ManaBar Mark 8
Origin

Net content: one bar 50 g
28 bars per pack (1 400 g)
Serving Size: 50 g
Energy: 200 kcal / 833 kJ

Macronutrient Profile and Energy Ratios:
Protein: 10,5 g | 22 %
Carbohydrate: 17 g | 34 %
Fat: 9,3 g | 44 %

Storage:
Store in a dry place at 25°C.
Protect from direct sunlight.
Once opened, consume immediately.

Complies With:
a vegetarian, vegan and a Mediterranean diet.
Low sugar diet.

Doesn't Contain:
GMO-free, no added colours,
no preservatives, no doping agents, no palm oil.

Amount Per Serving	100 g	50 g (1 serving)	%* 1 serving
Fat	18,5 g	9,3 g	13 %
of which saturates	1,8 g	0,9 g	5 %
Carbohydrate	33 g	17 g	6 %
of which sugars	2 g	1 g	1 %
of which polyols	6 g	3 g	-
Fibre	13 g	6,5 g	-
Protein	21 g	10,5 g	21 %
Salt	0,6 g	0,3 g	5 %
Vitamins and minerals			%** 1 serving
A | Retinol		118 µg	15 %
B1 | Thiamin		0,2 mg	15 %
B2 | Riboflavin		0,2 mg	15 %
B3 | Niacin		2,4 mg	15 %
B5 | Pantothenic acid		1,1 mg	18 %
B6 | Pyridoxin		0,2 mg	15 %
B7 | Biotin		7,4 µg	15 %
B9 | Folic acid		40,0 µg	20 %
B12 | Kobalamin		0,78 µg	31 %
C | Ascorbic acid		12,0 mg	15 %
Ca | Calcium		127 mg	16 %
Cr | Chromium		8 µg	20%
D | Ergokalciferol, Cholekalciferol		0,74 µg	15 %
E | Tokoferol		1,8 mg	15 %
I | Iodine		22,3 µg	15 %
K | Potassium		300 mg	15 %
K1 | Fylochinon		11 µg	15 %
Mg | Magnesium		57,3 mg	15 %
Se | Selenium		8 µg	15 %
Zn | Zinc		1,5 mg	15 %
Choline		18,5 mg	-
L-carnitine		20 mg	-
Taurine		20 mg	-

* Reference intake of an average adult (8 400 kJ/2 000 kcal).
** Nutrient reference value.

Amount Per Serving (50 g)	
Nutritionally Complete Ingredients and Extracts	37 800 mg

oat flour, corn fiber, maltodextrin, protein (soy protein extrudate (isolated soy protein),isolated soy protein), linseed, rapeseed oil, sunflower seed, sunflower lecithin (phospholipids; emulsifier).

Prebiotics & Fibre	6 500 mg

Oat fibre (from oat flour), corn fibre, flax and sunflower seed fibre.

Bioactive Compounds	1 000 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), L-carnitine, taurine.

Phytonutrients* **	400 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.

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

Other Ingredients	4 300 mg

Maltitol (sweetener), glycerol (humectant), flavouring, sucralose (sweetener).

Nutrition information

ManaBar Mark 8
Choco

Net content: one bar 50 g
28 bars per pack (1 400 g)
Serving Size: 50 g
Energy: 200 kcal / 834 kJ

Macronutrient Profile and Energy Ratios:
Protein: 10,3 g | 22 %
Carbohydrate: 16 g | 34 %
Fat: 9,5 g | 44 %

Storage:
Store in a dry place at 25°C.
Protect from direct sunlight.
Once opened, consume immediately.

Complies With:
a vegetarian, vegan and a Mediterranean diet.
Low sugar diet.

Doesn't Contain:
GMO-free, no added colours,
no preservatives, no doping agents, no palm oil.

Amount Per Serving	100 g	50 g (1 serving)	%* 1 serving
Fat	19 g	9,5 g	14 %
of which saturates	2 g	1 g	5 %
Carbohydrate	32 g	16 g	6 %
of which sugars	1,5 g	0,8 g	0,8 %
of which polyols	7 g	3,5 g	-
Fibre	14 g	7 g	-
Protein	21 g	10,3 g	21 %
Salt	0,6 g	0,3 g	5,0 %
Vitamins and minerals			%** 1 serving
A | Retinol		118 µg	15 %
B1 | Thiamin		0,2 mg	15 %
B2 | Riboflavin		0,2 mg	15 %
B3 | Niacin		2,4 mg	15 %
B5 | Pantothenic acid		1,1 mg	18 %
B6 | Pyridoxin		0,2 mg	15 %
B7 | Biotin		7,4 µg	15 %
B9 | Folic acid		40,0 µg	20 %
B12 | Kobalamin		0,78 µg	31 %
C | Ascorbic acid		12,0 mg	15 %
Ca | Calcium		127 mg	16 %
Cr | Chromium		8 µg	20%
D | Ergokalciferol, Cholekalciferol		0,74 µg	15 %
E | Tokoferol		1,8 mg	15 %
I | Iodine		22,3 µg	15 %
K | Potassium		300 mg	15 %
K1 | Fylochinon		11 µg	15 %
Mg | Magnesium		57,3 mg	15 %
Se | Selenium		8 µg	15 %
Zn | Zinc		1,5 mg	15 %
Choline		18,5 mg	-
L-carnitine		20 mg	-
Taurine		20 mg	-

* Reference intake of an average adult (8 400 kJ/2 000 kcal).
** Nutrient reference value.

Amount Per Serving (50 g)	
Nutritionally Complete Ingredients and Extracts	37 800 mg

oat flour, corn fiber, maltodextrin, protein (soy protein extrudate (isolated soy protein),isolated soy protein), linseed, rapeseed oil, sunflower seed, sunflower lecithin (phospholipids; emulsifier), fat-reduced cocoa powder.

Prebiotics & Fibre	6 500 mg

Oat fibre (from oat flour), corn fibre, flax and sunflower seed fibre.

Bioactive Compounds	1 000 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), L-carnitine, taurine.

Phytonutrients* **	400 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, theobromine, epicatechin, catechin, procyanidins, caffeine (from cocoa powder).

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

Other Ingredients	4 300 mg

Maltitol (sweetener), glycerol (humectant), flavouring, sucralose (sweetener).

Nutrition information

ManaBar Mark 8
Lime Cake

Net content: one bar 50 g
28 bars per pack (1 400 g)
Serving Size: 50 g
Energy: 200 kcal / 833 kJ

Macronutrient Profile and Energy Ratios:
Protein: 10,3 g | 22 %
Carbohydrate: 17 g | 35 %
Fat: 9 g | 43 %

Storage:
Store in a dry place at 25°C.
Protect from direct sunlight.
Once opened, consume immediately.

Complies With:
a vegetarian, vegan and a Mediterranean diet.
Low sugar diet.

Doesn't Contain:
GMO-free, no added colours,
no preservatives, no doping agents, no palm oil.

Amount Per Serving	100 g	50 g (1 serving)	%* 1 serving
Fat	18 g	9 g	13 %
of which saturates	1,8 g	0,9 g	5 %
Carbohydrate	34 g	17 g	7 %
of which sugars	1,5 g	0,8 g	0,8 %
of which polyols	6 g	3 g	-
Fibre	14 g	7 g	-
Protein	21 g	10,3 g	21 %
Salt	0,5 g	0,3 g	4 %
Vitamins and minerals			%** 1 serving
A | Retinol		118 µg	15 %
B1 | Thiamin		0,2 mg	15 %
B2 | Riboflavin		0,2 mg	15 %
B3 | Niacin		2,4 mg	15 %
B5 | Pantothenic acid		1,1 mg	18 %
B6 | Pyridoxin		0,2 mg	15 %
B7 | Biotin		7,4 µg	15 %
B9 | Folic acid		40,0 µg	20 %
B12 | Kobalamin		0,78 µg	31 %
C | Ascorbic acid		12,0 mg	15 %
Ca | Calcium		127 mg	16 %
Cr | Chromium		8 µg	20%
D | Ergokalciferol, Cholekalciferol		0,74 µg	15 %
E | Tokoferol		1,8 mg	15 %
I | Iodine		22,3 µg	15 %
K | Potassium		300 mg	15 %
K1 | Fylochinon		11 µg	15 %
Mg | Magnesium		57,3 mg	15 %
Se | Selenium		8 µg	15 %
Zn | Zinc		1,5 mg	15 %
Choline		18,5 mg	-
L-carnitine		20 mg	-
Taurine		20 mg	-

* Reference intake of an average adult (8 400 kJ/2 000 kcal).
** Nutrient reference value.

Amount Per Serving (50 g)	
Nutritionally Complete Ingredients and Extracts	37 800 mg

oat flour, corn fiber, maltodextrin, protein (soy protein extrudate (isolated soy protein),isolated soy protein), linseed, rapeseed oil, sunflower seed, sunflower lecithin (phospholipids; emulsifier).

Prebiotics & Fibre	6 500 mg

Oat fibre (from oat flour), corn fibre, flax and sunflower seed fibre.

Bioactive Compounds	1 000 mg

Potassium (potassium citrate, potassium chloride), sodium (naturally occurring in raw materials), 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), L-carnitine, taurine.

Phytonutrients* **	400 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.

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

Other Ingredients	4 300 mg

Maltitol (sweetener), glycerol (humectant), flavouring, sucralose (sweetener).

Nutrition information

ManaBar Mark 8
Berries

Net content: one bar 50 g
28 bars per pack (1 400 g)
Serving Size: 50 g
Energy: 200 kcal / 835 kJ

Macronutrient Profile and Energy Ratios:
Protein: 11 g | 23 %
Carbohydrate: 17 g | 34 %
Fat: 9 g | 43 %

Storage:
Store in a dry place at 25°C.
Protect from direct sunlight.
Once opened, consume immediately.

Complies With:
a vegetarian, vegan and a Mediterranean diet.
Low sugar diet.

Doesn't Contain:
GMO-free, no added colours,
no preservatives, no doping agents, no palm oil.

Amount Per Serving	100 g	50 g (1 serving)	%* 1 serving
Fat	18 g	9 g	13 %
of which saturates	1,8 g	0,9 g	5 %
Carbohydrate	33 g	17 g	6 %
of which sugars	3 g	1,5 g	1,7 %
of which polyols	6 g	3 g	-
Fibre	13 g	6,5 g	-
Protein	22 g	11 g	22 %
Salt	0,6 g	0,3 g	5 %
Vitamins and minerals			%** 1 serving
A | Retinol		118 µg	15 %
B1 | Thiamin		0,2 mg	15 %
B2 | Riboflavin		0,2 mg	15 %
B3 | Niacin		2,4 mg	15 %
B5 | Pantothenic acid		1,1 mg	18 %
B6 | Pyridoxin		0,2 mg	15 %
B7 | Biotin		7,4 µg	15 %
B9 | Folic acid		40,0 µg	20 %
B12 | Kobalamin		0,78 µg	31 %
C | Ascorbic acid		12,0 mg	15 %
Ca | Calcium		127 mg	16 %
Cr | Chromium		8 µg	20%
D | Ergokalciferol, Cholekalciferol		0,74 µg	15 %
E | Tokoferol		1,8 mg	15 %
I | Iodine		22,3 µg	15 %
K | Potassium		300 mg	15 %
K1 | Fylochinon		11 µg	15 %
Mg | Magnesium		57,3 mg	15 %
Se | Selenium		8 µg	15 %
Zn | Zinc		1,5 mg	15 %
Choline		18,5 mg	-
L-carnitine		20 mg	-
Taurine		20 mg	-

* Reference intake of an average adult (8 400 kJ/2 000 kcal).
** Nutrient reference value.

Amount Per Serving (50 g)	
Nutritionally Complete Ingredients and Extracts	37 800 mg

oat flour, corn fiber, maltodextrin, protein (soy protein extrudate (isolated soy protein),isolated soy protein), linseed, rapeseed oil, sunflower seed, sunflower lecithin (phospholipids; emulsifier), infused blackcurrant 2 %, blackcurrant concentrate 0.3 %, blueberry concentrate 0.3 %.

Prebiotics & Fibre	6 500 mg

Oat fibre (from oat flour), corn fibre, flax and sunflower seed fibre.

Bioactive Compounds	1 000 mg

Potassium (potassium citrate, potassium chloride), sodium (naturally occurring in raw materials), 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), L-carnitine, taurine.

Phytonutrients* **	400 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 blackcurrants and blueberries)

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

Other Ingredients	4 300 mg

Maltitol (sweetener), glycerol (humectant), flavouring, sucralose (sweetener).