

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, pinosresinol, 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, pinosresinol, 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, pinosresinol, 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, pinosresinol, 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, 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).

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, pinosresinol, lariciresinol, beta-sitosterol, campesterol, brassicasterol, delta-5-avenasterol, chlorosterol, stigmasterol, 24-methylene-cholesterol, delta-7-campesterol, delta-5,24-stigmastadienol, sitostanol, delta-7-stigma stenol, campestanol, delta-7-avenasterol, phosphatidylcholine, phosphatidylethanolamine, phosphatidylserine, curcuminoids.

*** 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 (1 serving) | 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 Tokerol | | 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, iso-maltulose (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, pinosresinol, 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 (1 serving) | 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 (phyloquinone), 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 (1 serving) | 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, iso-maltulose (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, pinosresinol, 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 (1 serving) | 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, iso-maltulose (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, pinosresinol, 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 (1 serving) | 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 Ergocalciferol, Cholecalciferol | | 3,0 µg | 60 % |
| E Tokerol | | 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 (phyloquinone), 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, pinosresinol, lariciresinol, beta-sitosterol, campesterol, brassicasterol, delta-5-avenasterol, chlorosterol, stigmaterol, 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 (1 serving) | 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 (phyloquinone), vitamin B8 | choline (choline bitartrate), selenium (selenium enriched yeast), chromium (chromium picolinate), L-carnitine, taurine.

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*** 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