

Nutrition Facts



ManaBar Mark 8 Berries

Net Weight: 1 bar 1.76 oz (50g)
 28 bars - 49.4 OZ. (1400KG)
Serving Size: 1 bar 50g (1.76 oz)
Calories per serving: 200 Cal

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.

Contains: soy

Complies With:

a vegetarian, vegan and a Mediterranean diet.
 Low sugar diet.

Doesn't Contain:

GMO-free, no animal products, no added colours,
 no nuts, no preservatives, no doping agents, no palm oil.

Manufactured in a facility processes that nuts,
 peanuts, milk, sesame and eggs.

Amount per serving		DV* %
Calories		200
Total Fat	9g	12%
Saturated Fat	0.9g	5%
Trans Fat	0g	-
Cholesterol	0mg	-
Sodium	118mg	5%
Total Carbohydrate	24g	9%
Dietary Fiber	6.5g	23%
Total Sugar	1.5g	-
Includes of Added Sugars	0g	0%
Protein	11g	22%
Vitamin D Ergocalciferol, Cholecalciferol	0.74mcg	4%
Ca Calcium	127mg	10%
Fe Iron	2.1mg	12%
K Potassium	300mg	6%
Vitamin A Retinol	118mcg	13%
B1 Thiamin	0.16mg	13%
B2 Riboflavin	0.2mg	15%
B3 Niacin	2mg	15%
B5 Pantothenic acid	1.1mg	22%
Vitamin B6 Pyridoxine	0mg	12%
B7 Biotin	7mcg	25%
B9 Folate	-	17%
Vitamin B12 Cobalamine	0.78mcg	33%
Vitamin C Ascorbic acid	12mg	13%
Vitamin E Tocopherol	1.8mg	12%
I Iodine	22.3mcg	15%
Vitamin K Phylloquinone	11mcg	9%
Mg Magnesium	57.3mg	14%
Se Selenium	8mcg	15%
Zn Zinc	1.5mg	14%
Choline	18.5mg	3%
Taurine	20mg	-
L-Carnitine	20mg	-

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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, canola oil, sunflower seed, sunflower lecithin (phospholipids), infused black-currant 2 %, blackcurrant concentrate 0.3 %, blueberry concentrate 0.3 %.

Prebiotics & Fibre 6 500 mg

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

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), vitamin D2 (ergocalciferol), vitamin D3 from seaweed (cholecalciferol), vitamin E (alpha-tocopheryl acetate), vitamin K1 (phyloquinone), vitamin B8 | choline (choline bitartrate), selenium (high-selenium yeast), L-carnitine, taurine.

Phytonutrients*** 400 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, anthocyanins (from blackcurrants and blueberries).

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

Other Ingredients 4 300 mg

Maltitol, glycerol, natural and artificial flavors, sucralose.