

Nutrition Facts



ManaBar Mark 8 Choco

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: 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.

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	12%
Saturated Fat	1g 5%
Trans Fat	0g -
Cholesterol	0mg -
Sodium	118mg 5%
Total Carbohydrate	8%
Dietary Fiber	7g 25%
Total Sugar	0.8g -
Includes of Added Sugars	0g 0%
Protein	10.3g 21%
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), cocoa powder (processed with alkali).

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), 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), vitamin D2 (ergocalciferol), vitamin D3 from seaweed (cholecalciferol), vitamin E (alpha-tocopheryl acetate), vitamin K1 (phylloquinone), 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, 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, glycerol, natural and artificial flavors, sucralose.