

Nutrition Facts



ManaDrink Mark 8 Choco

Net weight: 12 - 13.5 fl. oz. (400mL) bottles / 162 fl. oz. (4800mL)
12 servings per pack
Serving Size: 13.5 fl. oz. (400mL)
Calories per serving: 330 Cal

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.

Contains: soy, tree nuts (coconut)

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		DV* %
Calories		330
Total Fat	16g	21%
Saturated Fat	1.6g	8%
Trans Fat	0g	
Cholesterol	0mg	0 %
Sodium	268mg	12%
Total Carbohydrate	32g	12%
Dietary Fiber	4g	16%
Total Sugar	6.5g	
Includes of Added Sugars	4.5g	10%
Protein	17g	34%
Vitamin D Ergocalciferol, Cholecalciferol	3.0mcg	15%
Ca Calcium	200mg	15%
Fe Iron	2.8mg	16%
K Potassium	520mg	11%
Vitamin A Retinol	160mcg	18%
B1 Thiamin	0.3mg	25%
B2 Riboflavin	0.3mg	23%
B3 Niacin	3.5mg	22%
B5 Pantothenic acid	1.7mg	34%
Vitamin B6 Pyridoxine	0.3mg	18%
B7 Biotin	11.0mcg	37%
B9 Folate	95mcg	24%
Vitamin B12 Cobalamine	1.8mcg	75%
Vitamin C Ascorbic acid	16mg	18%
Cr Chromium	3.3mg	22%
Vitamin E Tocopherol	15mcg	13%
I Iodine	30.0mcg	20%
Vitamin K Phylloquinone	75.0mg	18%
Mg Magnesium	2.3mg	21%
Se Selenium	12mcg	22%
Zn Zinc	8mcg	23%
Choline	90mg	16%
Taurine	100mg	-
L-Carnitine	100mg	-

* 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.

Nutritionally Complete Ingredients and Extracts 66 242 mg

protein (soy and pea protein isolate, oat protein, brown rice protein, pumpkin seed protein, chlorella), maltodextrin, cocoa powder (processed with alkali), oat fiber, 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 fiber (beta-glucans), inulin from chicory (fructooligosaccharides FOS), carrot fiber.

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, 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 fiber (cellulose, cellulose gum).

Filtered water 337 476 mg