

# Nutrition Facts

1 serving per container

**Serving size**

**1 bottle (11 fl oz/330mL)**

**Amount per serving**

**Calories**

**330**

**% Daily Value\***

<b>Total Fat</b> 16g			<b>21%</b>
Saturated Fat 1.6g			<b>8%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 268mg			<b>12%</b>
<b>Total Carbohydrate</b> 32g			<b>12%</b>
Dietary Fiber 4g			<b>16%</b>
Total Sugar 7g			
Includes 4.9g of Added Sugars			<b>10%</b>
<b>Protein</b> 17g			<b>34%</b>
Vitamin D 3.0mcg	<b>15%</b>	Potassium 520mg	<b>11%</b>
Calcium 200mg	<b>15%</b>	Iron 2.8mg	<b>16%</b>
Vitamin A 160mcg	<b>18%</b>	Thiamin 0.3mg	<b>25%</b>
Riboflavin 0.3mg	<b>23%</b>	Niacin 4mg	<b>25%</b>
Pantothenic acid 1.7mg	<b>34%</b>	Vitamin B6 0.3mg	<b>18%</b>
Biotin 11.0mcg	<b>37%</b>	Folate 119mcg DFE (42mcg folic acid)	<b>24%</b>
Vitamin B12 1.8mcg	<b>75%</b>	Vitamin C 16mg	<b>18%</b>
Vitamin E 3.3mg	<b>22%</b>	Vitamin K 15mcg	<b>13%</b>
Iodine 30.0mcg	<b>20%</b>	Magnesium 75mg	<b>18%</b>
Zinc 2.3mg	<b>21%</b>	Choline 90mg	<b>16%</b>

\* 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.

**12 servings per box**

**NEUTRAL FLAVOUR**

**NET WT. 12 - 11 FL OZ (330mL)**



**MARK 7**

**ManaDrink™ is a nutritionally complete food ready to drink.**

**INGREDIENTS:** filtered water, protein (soy protein isolate, pea protein isolate, oat protein, brown rice protein, pumpkin seed protein, chlorella), maltodextrin, oat fiber, isomaltulose, inulin, carrot fiber, vegetable oils (canola oil, C8 medium-chain triglycerides oil (from coconut), algae oil, sunflower oil, oat oil, flaxseed oil), soy lecithin, microcrystalline cellulose, cellulose gum, salt, vitamin and mineral blend (potassium citrate, potassium chloride, calcium carbonate, magnesium oxide, zinc gluconate, potassium iodate, vitamin A acetate, thiamine hydrochloride, riboflavin, niacin, d-calcium pantothenate, pyridoxine hydrochloride, biotin, folic acid, vitamin B12, vitamin C, ascorbyl palmitate, vitamin D2 and D3), alpha-tocopheryl acetate, vitamin K1, choline bitartrate, sucralose, natural and artificial flavors.

Contains: soy, tree nuts (coconut oil)

High-protein drink fortified with vitamins and minerals. Suitable for vegans.

**STORAGE:** Protect from heat and direct sunlight. Do not freeze. Shake before use and consume after opening.