

# Nutrition Facts



## ManaPowder Mark 8 Origin

**Net weight:** 7 - 15.2 oz. (430g) pouches

5 serving per pouch

35 servings per pack

**Serving Size:** 86g / 3 oz. (5 heaped tablespoons)

**Calories per serving:** 400 Cal

### Macronutrient Profile and Energy Ratios:

Protein: 21 g | 22 %

Carbohydrate: 33 g | 34 %

Fat: 19 g | 44 %

**Preparation:** For one serving, you need 3 oz (86 g) of powder (2 Mana™ scoops or 5 heaped table-spoons) and 10.1 fl oz (300 ml) of water. Shake well in a closed 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.

**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* %
<b>Calories</b>		<b>400</b>
<b>Total Fat</b>	19g	<b>24%</b>
Saturated Fat	2g	<b>10%</b>
<i>Trans</i> Fat	0g	
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	400mg	<b>17%</b>
<b>Total Carbohydrate</b>	39g	<b>14%</b>
Dietary Fiber	6g	<b>21%</b>
Total Sugar	8g	
Includes of Added Sugars	5.5g	<b>11%</b>
<b>Protein</b>	21g	<b>42%</b>
Vitamin D   Ergocalciferol, Cholecalciferol	3.0mcg	15%
Ca   Calcium	200.0mg	15%
Fe   Iron	3.5mg	19%
K   Potassium	700.0mg	15%
Vitamin A   Retinol	160.0mcg	18%
B1   Thiamin	0.3mg	25%
B2   Riboflavin	0.3mg	23%
B3   Niacin	4.0mg	25%
B5   Kyselina pantothenová	2.1mg	42%
Vitamin B6   Pyridoxine	0.31mg	18%
B7   Biotin	11.0mcg	37%
B9   Folate	119.0mcg	30%
Vitamin B12   Cobalamine	2.2mcg	92%
Vitamin C   Ascorbic acid	20.0mg	22%
Cr   Chromium	4.0mg	27%
Vitamin E   Tocopherol	15.0mcg	13%
I   Iodine	36.0mcg	24%
Vitamin K   Phylloquinone	75.0mg	18%
Mg   Magnesium	1.8mg	25%
Se   Selenium	12.0mcg	22%
Zn   Zinc	8.0mcg	23%
Choline	90.0mg	16%
Taurine	100.0mg	–
L-Carnitine	100.0mg	–

\* 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 (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, iso-maltulose (low glycemic index disaccharide; source of glucose and fructose), oil blend (canola oil, medium-chain triglycerides oil containing C8 caprylic acid (from coconut), algae oil, sunflower oil, oat oil, cold-pressed flaxseed oil), 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- $\alpha$ -tocopheryl acetate), vitamin K1 (phyloquinone), 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-stigmastenol, campestanol, delta-7-avenasterol, phosphatidylcholine, phosphatidylethanolamine, phosphatidylserine.

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

### Other Ingredients 50 mg

sucralose, flavouring.

# Nutrition Facts



## ManaDrink Mark 8 Origin

**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* %
<b>Calories</b>		<b>330</b>
<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	6.5g	
Includes of Added Sugars	4.5g	<b>10%</b>
<b>Protein</b>	17g	<b>34%</b>
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 Amount Per Serving (400 ml)

protein (soy and pea protein isolate, oat protein, brown rice protein, pumpkin seed protein, chlorella), maltodextrin, oat fiber, 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 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- $\alpha$ -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 fiber (cellulose, cellulose gum).

### Filtered water 337 476 mg

# Nutrition Facts



## ManaBar Mark 8 Origin

**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: 10,5 g | 22 %  
 Carbohydrate: 17 g | 34 %  
 Fat: 9,3 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 added colours,  
 no preservatives, no doping agents, no palm oil.

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

Amount per serving	DV* %
<b>Calories</b>	<b>200</b>
<b>Total Fat</b>	<b>9g 12%</b>
Saturated Fat	0.9g 5%
Trans Fat	0g -
<b>Cholesterol</b>	<b>0mg -</b>
<b>Sodium</b>	<b>118mg 5%</b>
<b>Total Carbohydrate</b>	<b>24g 9%</b>
Dietary Fiber	6.5g 23%
Total Sugar	1g -
Includes of Added Sugars	0g 0%
<b>Protein</b>	<b>10.5g 21%</b>
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).

### 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 (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, 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 4 300 mg

Maltitol, glycerol, natural and artificial flavors, sucralose.