

Nutrition Facts

MARK 5

35 servings per box / 5 servings per pouch

Serving size 2 Mana™ scoops (86g)

Amount per serving

Calories 400

% Daily Value*

Total Fat 19g 24%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 400mg 17%

Total Carbohydrate 39.5g 14%

Dietary Fiber 5.5g 20%

Total Sugar 7.1g

Includes 5.5g of Added Sugars 11%

Protein 20g

Vitamin D 1.3mcg 7%

Calcium 200mg 15%

Iron 3mg 17%

Potassium 400mg 9%

Vitamin A 160mcg 18%

Thiamin 0.3mg 25%

Riboflavin 0.3mg 23%

Niacin 4mg 25%

Pantothenic acid 2.1mg 42%

Vitamin B6 0.3mg 18%

Biotin 11mcg 37%

Folate 119mcg DFE (50mcg folic acid) 30%

Vitamin B12 2.2mcg 92%

Vitamin C 20mg 22%

Vitamin E 4mg 27%

Vitamin K 15mcg 13%

Iodine 36mcg 24%

Magnesium 75mg 18%

Zinc 2.8mg 25%

* 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.



Mana™ is nutritionally complete food

Plant-based high protein drink powder with vitamins and minerals. Storage in a dry place. Protect from heat and direct sunlight. Once opened consume within a month.

PREPARATION: For one serving, you need 86 g of powder (2 Mana™ scoops or 5 heaped tablespoons) and 10.1 fl oz (300mL) of water. Shake well in a closed bottle or mix in a blender. Adjust proportions as preferred.

INGREDIENTS: maltodextrin, soy protein isolate, canola oil, isomaltulose, oat beta-glucans, soy lecithin, algae oil, coconut oil, sunflower oil, acacia gum, sodium chloride, potassium chloride, calcium carbonate, magnesium oxide, zinc oxide, potassium iodate, xanthan, flaxseed oil, sucralose, vitamin A, thiamin, riboflavin, niacinamide, pantothenic acid, vitamin B6, biotin, folic acid, vitamin B12, vitamin C, vitamin D2, vitamin E, vitamin K1, ascorbyl palmitate, mixed tocopherols (vitamin E), natural and artificial flavors.

Contains: soy, coconut.