

Nutrition Facts



ManaPowder Mark 8 Choco

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* %
Calories		400
Total Fat	19g	24%
Saturated Fat	2g	10%
<i>Trans</i> Fat	0g	
Cholesterol	0mg	0%
Sodium	400mg	17%
Total Carbohydrate	39g	14%
Dietary Fiber	6g	21%
Total Sugar	8g	
Includes of Added Sugars	5.5g	11%
Protein	21g	42%
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, cocoa powder (processed with alkali), oat fibre, isomaltulose (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- α -tocopheryl acetate), vitamin K1 (phylloquinone), 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, theobromine, epicatechin, catechin, procyanidins, caffeine (from cocoa powder).

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

Other Ingredients 50 mg

sucralose, flavouring.