

# Nutrition Facts



## ManaPowder Mark 8 Family pack Choco

**Net weight:** 424.7 oz. (12.04kg)

140 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 tablespoons) 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, 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- $\alpha$ -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.