

# Nutrition Facts



## ManaPowder Mark 8 Lime Cake

**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 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 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 (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, pinoresinol, 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, citric acid, copper complexes of chlorophyllins (color)