

Nutrition Facts

5 servings in the pouch

Serving size 2 Mana™ scoops/5 heaped tablespoons (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 40g			14%
Dietary Fiber 7g			23%
Total Sugar 7g			
Includes 5.5g of Added Sugars			11%
Protein 21g			42%
Vitamin D 3.0mcg	15%	Potassium 700mg	15%
Calcium 200mg	15%	Iron 3.5mg	19%
Vitamin A 160mcg	18%	Thiamin 0.3mg	25%
Riboflavin 0.3mg	23%	Niacin 4mg	25%
Pantothenic acid 2.1mg	42%	Vitamin B6 0.31mg	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 1.8mg	25%	Choline 90mg	16%

* 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.

35 servings per box

NEUTRAL FLAVOUR

NET WT. 7 - 15.2 OZ. (430G)



MARK 7

ManaPowder™ is a nutritionally complete food.

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. Adjust proportions as preferred.

INGREDIENTS: protein (soy protein isolate, pea protein isolate, oat protein, brown rice protein, pumpkin seed protein, chlorella), malto-dextrin, oat fiber, isomaltulose, inulin, carrot fiber, vegetable oils (canola oil, C8 medium-chain triglycerides oil (from coconut), algae oil, sunflower oil, oat oil, flaxseed oil), soy lecithin, acacia gum, xanthan gum, salt, vitamin and mineral blend (potassium citrate, potassium chloride, calcium carbonate, magnesium oxide, zinc gluconate, potassium iodate, vitamin A acetate, thiamine hydrochloride, riboflavin, niacin, d-calcium pantothenate, pyridoxine hydrochloride, biotin, folic acid, vitamin B12, vitamin C, ascorbyl palmitate, vitamin D2 and D3), alpha-tocopheryl acetate, vitamin K1, choline bitartrate, mixed tocopherols, sucralose, natural and artificial flavors.

Contains: soy, tree nuts (coconut oil)

High-protein drink powder fortified with vitamins and minerals. Suitable for vegans.

STORAGE: Store in a dry place. Protect from heat and direct sunlight. Once opened, consume within a month. **If placed in airtight containers and stored in the dark, the shelf life can be extended to 6 months from the date of opening.**