

Nutrition Facts



ManaPowder Mark 8 Origin

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 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, 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- α -tocopheryl acetate), vitamin K1 (phyloquinone), 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.

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

Other Ingredients 50 mg

sucralose, flavouring.