

## Next Level Meal Wild Berries

Nährwertangaben / Nutrition Facts	pro 100g	pro 150g
Brennwert / Energy	1710kJ	2565kJ
	407kcal	611kcal
Fett / Fat	9,2g	13,8g
davon gesättigte Fettsäuren / of which saturates	1,6g	2,4g
Kohlenhydrate / Carbohydrates	60g	90g
davon Zucker / of which sugars	11g	17g
Ballaststoffe / Fiber	1,9g	2,9g
Eiweiß / Protein	19g	29g
Salz / Salt	0,73g	1,10g

Vitamine / Vitamins	pro 100g	%NRV**	pro 150g	%NRV**
Vitamin C / Vitamin C	53mg	66%	79mg	99%
Niacin (Vitamin B3) / Niacin (Vit. B3)	11,1mg	69%	16,7mg	104%
Vitamin E / Vitamin E	8,4mg	70%	12,6mg	105%
Pantothensäure (Vit. B5) / Pantothenic acid (Vit. B5)	4,5mg	75%	6,8mg	113%
Vitamin B2 / Vitamin B2	1,1mg	79%	1,7mg	118%
Vitamin B6 / Vitamin B6	1,0mg	71%	1,5mg	107%
Vitamin B1 / Vitamin B1	1,0mg	91%	1,5mg	136%
Vitamin A / Vitamin A	551µg	69%	827µg	103%
Folsäure (Vitamin B9) / Folic acid (Vit. B9)	160µg	80%	240µg	120%
Vitamin K1 / Vitamin K1	52µg	69%	77µg	103%
Biotin (Vitamin B7) / Biotin (Vit. B7)	42µg	83%	63µg	125%
Vitamin D3 / Vitamin D3	3,3µg	66%	5,0µg	99%
Vitamin B12 / Vitamin B12	1,7µg	68%	2,6µg	102%

Mineralien / Minerals	pro 100g	%NRV**	pro 150g	%NRV**
Kalium / Potassium	326mg	16%	489mg	24%
Phosphor / Phosphorus	224mg	32%	336mg	48%
Calcium / Calcium	144mg	18%	216mg	27%
Magnesium / Magnesium	75mg	20%	113mg	30%
Eisen / Iron	2,9mg	21%	4,4mg	31%
Zink / Zinc	2,1mg	21%	3,2mg	32%
Kupfer / Copper	0,2mg	20%	0,3mg	30%
Jod / Iodine	31µg	21%	47µg	31%
Selen / Selenium	10,8µg	20%	16,2µg	29%
Molybdän / Molybdenum	9,9µg	20%	14,9µg	30%
Chrom / Chromium	8,2µg	21%	12,3µg	31%

Weitere Zutaten / Additional ingredients	pro 100g	pro 150g
Isomaltulose / Isomaltulose	7,8g	11,7g
BCAA* (2:1:1) / BCAA* (2:1:1)	2,4g	3,6g
Zimt / Cinnamon	0,0g	0,0g

Kann Spuren enthalten von Ei, Lupine und Soja. / May contain traces of egg, lupin and soy.

\* BCAA = verzweigtkettige Aminosäuren / \* Branched-chain-amino acids

\*\*NRV = Nährstoffbezugswerte gemäß LMIV / \*\*NRV = nutrient reference values

### Zutaten

Hafermehl (41%), Maltodextrin (20%), Molkenproteinkonzentrat (16%), Isomaltulose (8%), Sonnenblumenölpulver (8%), BCAA\* (L-Leucin, L-Isoleucin, L-Valin; Emulgator: Sonnenblumenlecithin), Natriumhydrogencarbonat, Kaliumcitrat, Calciumcarbonat, Magnesiumcarbonat, Zinkgluconat, Kaliumiodid, Natriumselenit, Natriummolybdat, Kupfergluconat, Chrompicolinat, Aroma, Säuerungsmittel: Citronensäure, Rote Beete Extrakt, gefriergetrocknete Heidelbeerstücke (0,2%), gefriergetrocknete Himbeerstücke (0,2%), L-Ascorbinsäure (Vitamin C), Nicotinamid (Vitamin B3), Calcium-D-pantothenat (Vitamin B5), DL-alpha-Tocopheryllacetat (Vitamin E), Phytomenadion (Vitamin K), Riboflavin (Vitamin B2), Pyridoxinhydrochlorid (Vitamin B6), Thiaminmononitrat (Vitamin B1), Retinylacetat (Vitamin A), Pteroylmonoglutaminsäure (Vitamin B9), D-Biotin, Cyanocobalamin (Vitamin B12), Cholecalciferol (Vitamin D3), Süßungsmittel: Sucralose.

### Ingredients

Oatmeal (41%), maltodextrin (20%), whey protein concentrate (16%), isomaltulose (8%), sunflower oil powder (8%), BCAA\* (L-leucine, L-isoleucine, L-valine; emulsifier: sunflower lecithin), sodium bicarbonate, potassium citrate, calcium carbonate, magnesium carbonate, zinc gluconate, potassium iodide, sodium selenite, sodium molybdate, copper gluconate, chromium picolinate, flavour, acidifier: citric acid, beetroot extract, freeze-dried blueberry pieces (0.2%), freeze-dried raspberry pieces (0.2%), L-ascorbic acid (vit. C), nicotinic amide (vit. B3), calcium-D-pantothenate (vit. B5), DL-alpha-tocopheryl acetate (vit. E), phytomenadione (vit. K), riboflavin (vit. B2), pyridoxine hydrochloride (vit. B6), thiamine mononitrate (vit. B1), retinyl acetate (vit. A), pteroylmonoglutamic acid (vit. B9), D-biotin, cyanocobalamin (vit. B12), cholecalciferol (vit. D3), sweetener: sucralose.