

LENTLY REGULAR CHANGELOG

Last edited: 20 April 2018

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Coco Choco

Coco Choco 1.0

Ingredients:

Fine Oats, Whey protein concentrate (contains milk and soy lecithin), Rice flour, Cane sugar, Coconut flour, Flaxseed flour, Cocoa, Vegetable oil (rapeseed), Hemp protein, Lently vitamin and mineral mix: (Salt (Sodium chloride), MSM (Methylsulfonylmethane) , Potassium, Vitamin B9, (Folic Acid), Calcium Citrate, Iodine, (Potassium Iodate), Vitamin C (Ascorbic Acid), Vitamin K, Chromium Picolinate, Vitamin B7 (Biotin), Vitamin D3 (Cholecalciferol), Vitamin E (D-alpha-tocopherol), Vitamin B3 (Niacin), Iron (Iron Fumarate), Spinach. Allergens: Gluten, milk, soy, may contain traces of egg.

Macro's:

- Carb 49%, Protein 25%, Fat 26%

Nutritional Value:

Per 530g

- Calories 1971.6
- Total Carbohydrate 244.9g 102%
- Dietary Fiber 50.4g 171%
- Protein 143.1g 113%
- Total Fat 58.3g 112%
 - Saturated Fat 29.2g
 - Monounsaturated Fat 15.9g
 - Polyunsaturated Fat 9.5g
 - Omega-3 Fatty Acids 235%
 - Omega-6 Fatty Acids 136%
- Cholesterol 0mg

Coco Choco 1.1

Ingredients:

Fine Oats, Whey protein concentrate (contains milk and soylecithin), Rice flour, Cane sugar, Coconut flour, Flaxseed flour, Raw cacao, Vegetable oil (rapeseed), Hemp protein, Lently vitamin and mineral mix: (Salt (Sodium chloride), MSM (Methylsulfonylmethane) , Potassium, Vitamin B9, (Folic Acid), Calcium Citrate, Iodine, (Potassium Iodate), Vitamin C (Ascorbic Acid), Vitamin K, Chromium Picolinate, Vitamin B7 (Biotin), Vitamin D3 (Cholecalciferol), Vitamin E (D-alpha-tocopherol), Vitamin B3 (Niacin), Iron (Iron Fumarate), Spinach. Allergens: Gluten, milk, soy, may contain traces of egg.

Macro's:

- Carb 51%, Protein 25%, Fat 24%

Per 533g

- Calories 2068.04
- Total Carbohydrate 267g 105%
- Dietary Fiber 35.7g 154%
- Protein 127.9g 112%
- Total Fat 53.3g 100%
 - Saturated Fat 27.7g
 - Monounsaturated Fat 14.9g
 - Polyunsaturated Fat 10.1g
 - Omega-3 Fatty Acids. 237%
 - Omega-6 Fatty Acids. 135%
- Cholesterol 0mg

Coco Choco 2.0

Ingredients:

fine oats, whey protein concentrate (contains milk and sunflower lecithin), rice flour, cane sugar, coconut, cocoa powder, flaxseed flour, vegetable oil (canola), lently vitamin and mineral mix: (salt (sodium chloride), msm (methylsulfonylmethane), potassium, vitamin b9, (folic acid), calcium citrate, iodine, (potassium iodate), vitamin c (ascorbic acid), vitamin k, chromium picolinate, vitamin b7 (biotin), vitamin d3 (cholecalciferol), vitamin e (d-alpha-tocopherol), vitamin b3 (niacin), iron (iron fumarate), hemp seeds, vegetable oil (flax seed), spinach powder, natural aroma, thickener: xanthan gum. Allergens: gluten, milk. May contain traces of egg and soy.

Macro's:

- Carb 51%, Protein 29%, Fat 20%

Per 532g

- Calories 2000.3
- Total Carbohydrate 244.2g 102%
- Dietary Fiber 47.9g 171%
- Protein 138.9g 113%
- Total Fat 42.6g 112%
 - Saturated Fat 10.1g
 - Monounsaturated Fat 18.1g
 - Polyunsaturated Fat 12.8g
 - Omega-3 Fatty Acids 235%
 - Omega-6 Fatty Acids 136%
- Cholesterol 0mg

Minerals and vitamins

- Lently Regular Coco Choco DRI per serving a 133g

Type	%DRI V1.0	%DRI V1.1	%DRI V2.0
Calcium	129%	114%	116%
Chloride	152%	100%	100%
Chromium	148%	100%	100%
Copper	1533%	136%	191%
Iodine	400%	100%	100%
Iron	861%	104%	127%
Magnesium	321%	144%	157%
Manganese	292%	376%	396%
Molybdenum	121%	362%	362%
Phosphorus	103%	362%	375%
Potassium	147%	115%	112%
Selenium	489%	195%	198%
Sodium	201%	100%	100%
Sulfur	115%	109%	111%
Zinc	431%	126%	134%
Vitamine A	1708%	100%	101%
Vitamine B6	690%	117%	112%
Vitamine B12	1578%	117%	117%
Vitamine C	431%	101%	100%
Vitamine D	197%	100%	100%
Vitamine E	104%	105%	104%
Vitamine K	205%	100%	100%
Thiamin	515%	164%	162%
Riboflavin	535%	197%	196%
Niacin	109%	104%	103%
Folate	350%	101%	101%
Pantothenic Acid	131%	157%	158%

Biotin	156%	100%	100%
Choline	222%	130%	129%

Banana Smile

Banana Smile 1.0

Ingredients:

Fine Oats, Whey protein concentrate (contains milk and soylecithin), Rice flour, Cane sugar, Coconut flour, Flaxseed flour, Freeze dried banana, Vegetable oil (rapeseed), Hemp protein, Lently vitamin and mineral mix: (Salt (Sodium chloride), MSM (Methylsulfonylmethane) , Potassium, Vitamin B9, (Folic Acid), Calcium Citrate, Iodine, (Potassium Iodate), Vitamin C (Ascorbic Acid), Vitamin K, Chromium Picolinate, Vitamin B7 (Biotin), Vitamin D3 (Cholecalciferol), Vitamin E (D-alpha-tocopherol), Vitamin B3 (Niacin), Iron (Iron Fumarate), Spinach.
Allergens: Gluten, milk, soy, may contain traces of egg.

Macro's:

- Carb 49%, Protein 25%, Fat 26%

Per 533g

- Calories 1977.43
- Total Carbohydrate 244.65 100%
- Dietary Fiber 46.37g 108%
- Protein 139.65g 114%
- Total Fat 58.63g 101%
 - Saturated Fat 28.8g
 - Monounsaturated Fat 16g
 - Polyunsaturated Fat 10.1g
 - Omega-3 Fatty Acids 235%
 - Omega-6 Fatty Acids 136%
- Cholesterol 0mg

Banana Smile 1.1

Ingredients:

Fine Oats, Whey protein concentrate (contains milk and soylecithin), Rice flour, Cane sugar, Coconut flour, Flaxseed flour, Freeze dried banana, Vegetable oil (rapeseed), Hemp protein, Lently vitamin and mineral mix: (Salt (Sodium chloride), MSM (Methylsulfonylmethane) , Potassium, Vitamin B9, (Folic Acid), Calcium Citrate, Iodine, (Potassium Iodate), Vitamin C (Ascorbic Acid), Vitamin K, Chromium Picolinate, Vitamin B7 (Biotin), Vitamin D3 (Cholecalciferol), Vitamin E (D-alpha-tocopherol), Vitamin B3 (Niacin), Iron (Iron Fumarate), Spinach.
Allergens: Gluten, milk, soy, may contain traces of egg.

Macro's:

- Carb 51%, Protein 25%, Fat 24%

Per 533g

- Calories 2068.04
- Total Carbohydrate 267g 105%
- Dietary Fiber 35.7g 154%
- Protein 127.9g 112%
- Total Fat 53.3g 100%
 - Saturated Fat 27.7g
 - Monounsaturated Fat 14.9g
 - Polyunsaturated Fat 10.1g
 - Omega-3 Fatty Acids. 237%
 - Omega-6 Fatty Acids. 135%
- Cholesterol 0mg

Banana Smile 2.0

Ingredients:

fine oats, whey protein concentrate (contains milk and sunflower lecithin), rice flour, cane sugar, coconut, freeze dried banana, vegetable oil (canola), hemp seeds, flaxseed flour, lently vitamin and mineral mix: (salt (sodium chloride), msm (methylsulfonylmethane), potassium, vitamin b9, folic acid, calcium citrate, iodine, (potassium iodate), vitamin c (ascorbic acid), vitamin k, chromium picolinate, vitamin b7 (biotin), vitamin d3 (cholecalciferol), vitamin e (d-alpha-tocopherol), vitamin b3 (niacin), iron (iron fumarate), spinach powder, vegetable oil (flaxseed), natural aroma, thickener: xanthan gum. Allergens: oats (gluten), milk. May contain traces of egg and soy.

Macro's:

- Carb 52%, Protein 28%, Fat 20%

Per 533g

- Calories 1993.42
- Total Carbohydrate 255.8g 105%
- Dietary Fiber 43.2g 154%
- Protein 137.5g 112%
- Total Fat 37.8g 100%
 - Saturated Fat 9.1g
 - Monounsaturated Fat 8.5g
 - Polyunsaturated Fat 8.5g
 - Omega-3 Fatty Acids. 237%
 - Omega-6 Fatty Acids. 135%
- Cholesterol 0mg

Minerals and vitamins

- Lently Regular Banana Smile DRI per serving a 133g

Type	%DRI V1.0	%DRI V1.1	%DRI V2.0
Calcium	116%	114%	114%
Chloride	100%	100%	100%
Chromium	100%	100%	100%
Copper	191%	136%	136%
Iodine	100%	100%	100%
Iron	127%	104%	104%
Magnesium	157%	144%	144%
Manganese	396%	376%	376%
Molybdenum	362%	362%	362%
Phosphorus	375%	362%	362%
Potassium	112%	115%	115%
Selenium	198%	195%	195%
Sodium	100%	100%	100%
Sulfur	111%	109%	109%
Zinc	134%	126%	126%
Vitamine A	101%	103%	103%
Vitamine B6	112%	117%	117%
Vitamine B12	117%	117%	117%
Vitamine C	100%	101%	101%
Vitamine D	100%	100%	100%
Vitamine E	105%	105%	105%
Vitamine K	100%	100%	100%
Thiamin	162%	164%	164%
Riboflavin	196%	197%	197%
Niacin	103%	104%	104%
Folate	101%	101%	101%
Pantothenic Acid	158%	157%	157%

Biotin	100%	100%	100%
Choline	129%	130%	130%

Strawberry Dreams

Strawberry Dreams 1.0

Ingredients:

Fine Oats, Whey protein concentrate (contains milk and soy lecithin), Rice flour, Cane sugar, Coconut flour, Flaxseed flour, Freeze dried strawberries, Vegetable oil (rapeseed), Hemp protein, Lently vitamin and mineral mix: (Salt (Sodium chloride), MSM (Methylsulfonylmethane) , Potassium, Vitamin B9, (Folic Acid), Calcium Citrate, Iodine, (Potassium Iodate), Vitamin C (Ascorbic Acid), Vitamin K, Chromium Picolinate, Vitamin B7 (Biotin), Vitamin D3 (Cholecalciferol), Vitamin E (D-alpha-tocopherol) , Vitamin B3 (Niacin), Iron (Iron Fumarate), Spinach.
Allergens: Gluten, milk, soy, may contain traces of egg.

Macro's:

- Carb 49%, Protein 26%, Fat 26%

Per 533g

- Calories 1966.77
- Total Carbohydrate 245.2g 103%
- Dietary Fiber 47.4g 160%
- Protein 140.7g 112%
- Total Fat 56.6g 101%
 - Saturated Fat 28.8g
 - Monounsaturated Fat 16g
 - Polyunsaturated Fat 9.6g
 - Omega-3 Fatty Acids 236%
 - Omega-6 Fatty Acids 135%
- Cholesterol 0mg

Strawberry Dreams 1.1

Ingredients:

Fine Oats, Whey protein concentrate (contains milk and soy lecithin), Rice flour, Cane sugar, Coconut flour, Flaxseed flour, Freeze dried strawberries, Vegetable oil (rapeseed), Hemp protein, Lently vitamin and mineral mix: (Salt (Sodium chloride), MSM (Methylsulfonylmethane) , Potassium, Vitamin B9, (Folic Acid), Calcium Citrate, Iodine, (Potassium Iodate), Vitamin C (Ascorbic Acid), Vitamin K, Chromium Picolinate, Vitamin B7 (Biotin), Vitamin D3 (Cholecalciferol), Vitamin E (D-alpha-tocopherol) , Vitamin B3 (Niacin), Iron (Iron Fumarate), Spinach.
Allergens: Gluten, milk, soy, may contain traces of egg.

Macro's:

- Carb 49%, Protein 25%, Fat 26%

Per 533g

- Calories 2004.08
- Total Carbohydrate 251g 103%
- Dietary Fiber 34.1g 160%
- Protein 127.9g 112%
- Total Fat 53.3g 101%
 - Saturated Fat 27.7g
 - Monounsaturated Fat 14.9g
 - Polyunsaturated Fat 10.1g
 - Omega-3 Fatty Acids. 236%
 - Omega-6 Fatty Acids. 135%
- Cholesterol 0mg

Strawberry Dreams 2.0

Ingredients:

fine oats, whey protein concentrate (contains milk and sunflower lecithin), rice flour, cane sugar, coconut, freeze dried strawberry, vegetable oil (canola), hemp seeds, flaxseed flour, lently vitamin and mineral mix: (salt (sodium chloride), msm (methylsulfonylmethane), potassium, vitamin b9, folic acid, calcium citrate, iodine, (potassium iodate), vitamin c (ascorbic acid), vitamin k, chromium picolinate, vitamin b7 (biotin), vitamin d3 (cholecalciferol), vitamin e (d-alpha-tocopherol), vitamin b3 (niacin), iron (iron fumarate), spinach powder, vegetable oil (flaxseed), thickener: xanthan gum. Allergens: oats (gluten), milk. May contain traces of egg and soy.

Macro's:

- Carb 52%, Protein 28%, Fat 20%

Per 533g

- Calories 1988.09
- Total Carbohydrate 252.1g 103%
- Dietary Fiber 44.8g 160%
- Protein 138g 112%
- Total Fat 38.4g 101%
 - Saturated Fat 9.1g
 - Monounsaturated Fat 9.1g
 - Polyunsaturated Fat 8.5g
 - Omega-3 Fatty Acids 236%
 - Omega-6 Fatty Acids 135%
- Cholesterol 0mg

Minerals and vitamins

- Lently Regular Strawberry Dreams DRI per serving a 133g

Type	%DRI V1.0	%DRI V1.1	%DRI V2.0
Calcium	116%	114%	114%
Chloride	100%	100%	100%
Chromium	100%	100%	100%
Copper	191%	128%	128%
Iodine	100%	100%	100%
Iron	127%	102%	102%
Magnesium	157%	139%	139%
Manganese	396%	373%	373%
Molybdenum	362%	362%	362%
Phosphorus	375%	360%	360%
Potassium	112%	102%	102%
Selenium	198%	194%	194%
Sodium	100%	100%	100%
Sulfur	111%	108%	108%
Zinc	134%	125%	125%
Vitamine A	101%	102%	102%
Vitamine B6	112%	111%	111%
Vitamine B12	117%	117%	117%
Vitamine C	100%	107%	107%
Vitamine D	100%	100%	100%
Vitamine E	105%	105%	105%
Vitamine K	100%	100%	100%
Thiamin	162%	162%	162%
Riboflavin	196%	194%	194%
Niacin	103%	101%	101%
Folate	101%	101%	101%
Pantothenic Acid	158%	158%	158%

Biotin	100%	100%	100%
Choline	129%	129%	129%

Wakeup Cappuccino

Wakeup Cappuccino 1.0

Ingredients:

Fine Oats, Whey protein concentrate (contains milk and soy lecithin), Rice flour, Cane sugar, Coconut flour, Flaxseed flour, Spray dried coffee, Vegetable oil (rapeseed), Hemp protein, Lently vitamin and mineral mix: (Salt (Sodium chloride), MSM (Methylsulfonylmethane) , Potassium, Vitamin B9, (Folic Acid), Calcium Citrate, Iodine, (Potassium Iodate), Vitamin C (Ascorbic Acid), Vitamin K, Chromium Picolinate, Vitamin B7 (Biotin), Vitamin D3 (Cholecalciferol), Vitamin E (D-alpha-tocopherol) , Vitamin B3 (Niacin), Iron (Iron Fumarate), Spinach.
Allergens: Gluten, milk, soy, may contain traces of egg.

Macro's:

- Carb 49%, Protein 25%, Fat 26%

Per 522g

- Calories 1931.40
- Total Carbohydrate 249g 103%
- Dietary Fiber 45.9g 158%
- Protein 140.4g 115%
- Total Fat 57.4g 102%
 - Saturated Fat 28.2g
 - Monounsaturated Fat 15.1g
 - Polyunsaturated Fat 9.4g
 - Omega-3 Fatty Acids 237%
 - Omega-6 Fatty Acids. 135%
- Cholesterol 0mg

Wakeup Cappuccino 1.1

Ingredients:

Fine Oats, Whey protein concentrate (contains milk and soy lecithin), Rice flour, Cane sugar, Coconut flour, Flaxseed flour, Spray dried coffee, Vegetable oil (rapeseed), Hemp protein, Lently vitamin and mineral mix: (Salt (Sodium chloride), MSM (Methylsulfonylmethane) , Potassium, Vitamin B9, (Folic Acid), Calcium Citrate, Iodine, (Potassium Iodate), Vitamin C (Ascorbic Acid), Vitamin K, Chromium Picolinate, Vitamin B7 (Biotin), Vitamin D3 (Cholecalciferol), Vitamin E (D-alpha-tocopherol) , Vitamin B3 (Niacin), Iron (Iron Fumarate), Spinach.
Allergens: Gluten, milk, soy, may contain traces of egg.

Macro's:

- Carb 49%, Protein 25%, Fat 26%

Per 522g

- Calories 2030.58
- Total Carbohydrate 249.5g 103%
- Dietary Fiber 36g 158%
- Protein 125.3g 115%
- Total Fat 52.2g 102%
 - Saturated Fat 27.7g
 - Monounsaturated Fat 14.6g
 - Polyunsaturated Fat 9.9g
 - Omega-3 Fatty Acids. 237%
 - Omega-6 Fatty Acids. 135%
- Cholesterol 0mg

Wakeup Cappuccino 2.0

Ingredients:

fine oats, whey protein concentrate (contains milk and sunflower lecithin), rice flour, cane sugar, coconut, vegetable oil (canola), hemp seeds, flaxseed flour, lently vitamin and mineral mix: (salt (sodium chloride), msm (methylsulfonylmethane), potassium, vitamin b9, folic acid, calcium citrate, iodine, (potassium iodate), vitamin c (ascorbic acid), vitamin k, chromium picolinate, vitamin b7 (biotin), vitamin d3 (cholecalciferol), vitamin e (d-alpha-tocopherol), vitamin b3 (niacin), iron (iron fumarate), spray dried coffee, spinach powder, vegetable oil (flaxseed), natural aroma, thickener: xanthan gum. Allergens: oats (gluten), milk. May contain traces of egg and soy.

Macro's:

- Carb 51%, Protein 29%, Fat 20%

Per 533g

- Calories 1998.75
- Total Carbohydrate 251g 103%
- Dietary Fiber 44.2g 158%
- Protein 141.2g 115%
- Total Fat 38.9g 102%
 - Saturated Fat 9.1g
 - Monounsaturated Fat 9.6g
 - Polyunsaturated Fat 9.1g
 - Omega-3 Fatty Acids. 237%
 - Omega-6 Fatty Acids. 135%
- Cholesterol 0mg

Minerals and vitamins

- Lently Regular Wakeup Cappuccino DRI per serving a 133g

Type	%DRI V1.0	%DRI V1.1	%DRI V2.0
Calcium	116%	114%	114%
Chloride	100%	100%	100%
Chromium	100%	100%	100%
Copper	191%	127%	127%
Iodine	100%	100%	100%
Iron	127%	101%	101%
Magnesium	157%	139%	139%
Manganese	396%	371%	371%
Molybdenum	362%	362%	362%
Phosphorus	375%	360%	360%
Potassium	112%	100%	100%
Selenium	198%	194%	194%
Sodium	100%	100%	100%
Sulfur	111%	108%	108%
Zinc	134%	125%	125%
Vitamine A	101%	101%	101%
Vitamine B6	112%	111%	111%
Vitamine B12	117%	117%	117%
Vitamine C	100%	100%	100%
Vitamine D	100%	100%	100%
Vitamine E	105%	105%	105%
Vitamine K	100%	100%	100%
Thiamin	162%	161%	161%
Riboflavin	196%	193%	193%
Niacin	103%	101%	101%
Folate	101%	100%	100%
Pantothenic Acid	158%	157%	157%

Biotin	100%	100%	100%
Choline	129%	128%	128%
