



# Nutrition information

Package contains 12 servings. 1 serving = 1 bottle (330 ml = 400 kcal)

	100 ml	%* 100 ml	1 serving	%* 1 serving
<b>Energetic content</b>	508/121 kJ/kcal	20 g	1675/400 kJ/kcal	20 %
<b>Fats</b>	6 g	8,7 %	20 g	29 %
of which saturates	0,6 g	3 %	2 g	10 %
<b>Carbohydrates</b>	10,7 g	4,1 %	35,5 g	14 %
of which sugars	2,5 g	2,8 %	8,4 g	9 %
<b>Fibre</b>	1,3 g	-	4,3 g	-
<b>Proteins</b>	6,3 g	12,6 %	20,8 g	42 %
<b>Salt</b>	0,3 g	5 %	1 g	17 %

\*Reference intake of an average adult (8400 kJ / 2000 kcal).

\*\* Daily reference intakes

## Vitamins and minerals

	100 ml	1 serving	%** 1 serving
Vitamin A	48,5 µg	160 µg	20 %
Thiamin	0,09 mg	0,30 mg	27 %
Riboflavin	0,1 mg	0,3 mg	21 %
Niacin	1,1 mg	3,6 mg	23 %
Pantothenic acid	0,6 mg	2,1 mg	35 %
Vitamin B6	0,1 mg	0,31 mg	22 %
Biotin	3,3 µg	11 µg	22 %
Folic acid	24,2 µg	80,0 µg	40 %
Vitamin B12	0,7 µg	2,2 µg	88 %
Vitamin C	4,8 mg	16 mg	20 %
Vitamin D2	0,4 µg	1,3 µg	26 %
Vitamin E	1,2 mg	4 mg	33 %
Vitamin K1	4,5 µg	15 µg	20 %
Potassium	121,2 mg	400 mg	20 %
Iodine	10,9 µg	36 µg	24 %
Magnesium	22,7 mg	75 mg	20 %
Calcium	60,6 mg	200 mg	25 %
Zinc	0,8 mg	2,8 mg	28 %

## Mana™ is a complete food.

**INGREDIENTS:** Water, Maltodextrin, Soya Protein Isolate, Canola Oil, Isomaltulose\*\*\*, Oat Beta-glucans, Emulsifier: Soya Lecithin, Oil from the Microalgae *Schizochytrium Sp.*, Cold Pressed Coconut Oil, Sunflower Oil, Bulking agent: Microcrystalline Cellulose, Sodium, Potassium, Calcium, Magnesium, Zinc, Iodine, Bulking agent: Cellulose Gum, Cold Pressed Flaxseed Oil, Sweetener: Sucralose, Vitamin A, Thiamin, Riboflavin, Niacin, Pantothenic Acid, Vitamin B6, Biotin, Folic Acid, Vitamin B12, Vitamin C, Vitamin D2, Vitamin E, Vitamin K1, Flavouring.

\*\*\* Isomaltulose is a source of glucose and fructose.