



# Nutrition Declaration

Package contains 12 servings. 1 serving = 1 bottle

|                          | 100 ml          | 1 serving        | %* 1 serving |
|--------------------------|-----------------|------------------|--------------|
| <b>Energetic content</b> | 508/121 kJ/kcal | 1675/400 kJ/kcal | 20 %         |
| <b>Fats</b>              | 6 g             | 20 g             | 29 %         |
| of which saturates       | 0,6 g           | 2 g              | 10 %         |
| <b>Carbohydrates</b>     | 10,7 g          | 35,5 g           | 14 %         |
| of which sugars          | 2,5 g           | 8,4 g            | 9 %          |
| <b>Fibre</b>             | 1,3 g           | 4,3 g            | –            |
| <b>Proteins</b>          | 6,3 g           | 20,8 g           | 42 %         |
| <b>Salt</b>              | 0,3 g           | 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, Soy Protein Isolate, Canola Oil, Isomaltulose \*, Oat Betaglucons, Soy Lecithin, Oil from the Microalgae *Schizochytrium Sp.*, Cold Pressed Coconut Oil, Sunflower Oil, Microcrystalline Cellulose, Sodium, Potassium, Calcium, Magnesium, Zinc, Iodine, 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, Aroma.

\* Isomaltulose is a source of glucose and fructose.