

Origin

Neutral

Nutrition Information MARK 5

35 servings per box / 5 servings per pouch

Serving size **2 Measuring cups (86 g)**

Energy kJ / kcal	100 g	1 Serving	%* 1 Serving
	1947 / 466	1675 / 400	20 %
Total Fat	22,7 g	19,5 g	28 %
Saturated Fat	2,3 g	2 g	10 %
Carbohydrates	38,4 g	33 g	13 %
Total Sugar	8,35 g	7,1 g	8 %
Fiber	6,4 g	5,5 g	–
Protein	23,8 g	20,5 g	41 %
Salt	1 g	0,9 g	15 %

Vitamins and minerals %** 1 Serving

Vitamin A	186 µg	160 µg	20 %
Thiamin	0,35 mg	0,3 mg	27 %
Riboflavin	0,35 mg	0,3 mg	21 %
Niacin	4,7 mg	4,0 mg	25 %
Pantothenic acid	2,4 mg	2,1 mg	35 %
Vitamin B6	0,4 mg	0,31 mg	22 %
Biotin	12,8 µg	11 µg	22 %
Folic acid	93,0 µg	80,0 µg	40 %
Vitamin B12	2,6 µg	2,2 µg	88 %
Vitamin C	23,3 mg	20 mg	25 %
Vitamin D2	1,5 µg	1,3 µg	26 %
Vitamin E	4,7 mg	4 mg	33 %
Vitamin K1	17,4 µg	15 µg	20 %
Potassium	465 mg	400 mg	20 %
Iodine	41,9 µg	36 µg	24 %
Magnesium	87 mg	75 mg	20 %
Calcium	233 mg	200 mg	25 %
Zinc	3,3 mg	2,8 mg	28 %

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

** Nutrient reference value.



Mana™ is nutritionally complete food

Plant-based high protein drink powder fortified with vitamins and minerals with sugar*** and sweetener. Storage in dry place. Protect from heat and direct sunlight. Once opened consume within a month.

PREPARATION: For one serving, you need 86 g of powder (2 measuring cups) + 300 ml of water. Shake well in a closed bottle or mix in a blender.

INGREDIENTS: 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, sodium chloride, potassium chloride, calcium carbonate, magnesium oxide, zinc oxide, potassium iodate, stabiliser (acacia gum, xanthan), 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.

Sunlight

Tropical Fruit

Nutrition Information MARK 5

35 servings per box / 5 servings per pouch

Serving size **2 Measuring cups (86 g)**

Energy kJ / kcal	100 g	1 Portion	%* 1 Portion
	1947 / 466	1675 / 400	20 %
Total Fat	22,1 g	19 g	27 %
Saturated Fat	2,3 g	2 g	10 %
Carbohydrates	39,8 g	34 g	13 %
Total Sugar	8,4 g	7,2 g	8 %
Fiber	6,4 g	5,5 g	—
Protein	23,7 g	20,4 g	41 %
Salt	1 g	0,9 g	15 %

Vitamins and minerals	%** 1 Portion		
Vitamin A	186 µg	160 µg	20 %
Thiamin	0,35 mg	0,3 mg	27 %
Riboflavin	0,35 mg	0,3 mg	21 %
Niacin	4,7 mg	4,0 mg	25 %
Pantothenic acid	2,4 mg	2,1 mg	35 %
Vitamin B6	0,4 mg	0,31 mg	22 %
Biotin	12,8 µg	11 µg	22 %
Folic acid	93,0 µg	80,0 µg	40 %
Vitamin B12	2,6 µg	2,2 µg	88 %
Vitamin C	23,3 mg	20 mg	25 %
Vitamin D2	1,5 µg	1,3 µg	26 %
Vitamin E	4,7 mg	4 mg	33 %
Vitamin K1	17,4 µg	15 µg	20 %
Potassium	465 mg	400 mg	20 %
Iodine	41,9 µg	36 µg	24 %
Magnesium	87 mg	75 mg	20 %
Calcium	233 mg	200 mg	25 %
Zinc	3,3 mg	2,8 mg	28 %

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PREPARATION: For one serving, you need 86 g of powder (2 measuring cups) + 300 ml of water. Shake well in a closed bottle or mix in a blender.

INGREDIENTS: maltodextrin, soya protein isolate, canola oil, isomaltulose***, oat beta-glucans, pineapple juice powder (2,5 %), emulsifier (soya lecithin), oil from the microalgae *Schizochytrium sp.*, cold pressed coconut oil, sunflower oil, sodium chloride, potassium chloride, calcium carbonate, magnesium oxide, zinc oxide, potassium iodate, stabiliser (acacia gum, xanthan), cold pressed flaxseed oil, turmeric extract, 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.

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Love

**Strawberry
and Raspberry**

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35 servings per box / 5 servings per pouch

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	100 g	1 Serving	%* 1 Serving
Energy kJ / kcal	1947 / 466	1675 / 400	20 %
Total Fat	22,1 g	19 g	27 %
Saturated Fat	2,3 g	2 g	10 %
Carbohydrates	39,5 g	34 g	13 %
Total Sugar	8,6 g	7,4 g	8 %
Fiber	6,9 g	5,9 g	—
Protein	23,7 g	20,4 g	41 %
Salt	1 g	0,9 g	15 %

Vitamins and minerals	%** 1 Serving		
Vitamin A	186 µg	160 µg	20 %
Thiamin	0,35 mg	0,3 mg	27 %
Riboflavin	0,35 mg	0,3 mg	21 %
Niacin	4,7 mg	4,0 mg	25 %
Pantothenic acid	2,4 mg	2,1 mg	35 %
Vitamin B6	0,4 mg	0,31 mg	22 %
Biotin	12,8 µg	11 µg	22 %
Folic acid	93,0 µg	80,0 µg	40 %
Vitamin B12	2,6 µg	2,2 µg	88 %
Vitamin C	23,3 mg	20 mg	25 %
Vitamin D2	1,5 µg	1,3 µg	26 %
Vitamin E	4,7 mg	4 mg	33 %
Vitamin K1	17,4 µg	15 µg	20 %
Potassium	465 mg	400 mg	20 %
Iodine	41,9 µg	36 µg	24 %
Magnesium	87 mg	75 mg	20 %
Calcium	233 mg	200 mg	25 %
Zinc	3,3 mg	2,8 mg	28 %

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** Nutrient reference value.



Mana™ is nutritionally complete food

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PREPARATION: For one serving, you need 86 g of powder (2 measuring cups) + 300 ml of water. Shake well in a closed bottle or mix in a blender.

INGREDIENTS: maltodextrin, soya protein isolate, canola oil, isomaltulose***, oat beta-glucans, emulsifier (soya lecithin), freeze-dried strawberry powder, freeze-dried raspberry powder, oil from the microalgae *Schizochytrium sp.*, cold pressed coconut oil, sunflower oil, sodium chloride, potassium chloride, calcium carbonate, magnesium oxide, zinc oxide, potassium iodate, colour: beetroot red, stabiliser (acacia gum, xanthan), 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.

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Dream

Cocoa

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Serving size **2 Measuring cups (86 g)**

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	1946 / 466	1675 / 400	20 %
Total Fat	22,1 g	19 g	27 %
Saturated Fat	2,3 g	2 g	10 %
Carbohydrates	39,1 g	34 g	13 %
Total Sugar	7,6 g	6,5 g	7 %
Fiber	7,8 g	6,7 g	–
Protein	23,7 g	20,4 g	41 %
Salt	1 g	0,9 g	15 %

Vitamins and minerals %** 1 Serving

Vitamin A	186 µg	160 µg	20 %
Thiamin	0,35 mg	0,3 mg	27 %
Riboflavin	0,35 mg	0,3 mg	21 %
Niacin	4,7 mg	4,0 mg	25 %
Pantothenic acid	2,4 mg	2,1 mg	35 %
Vitamin B6	0,4 mg	0,31 mg	22 %
Biotin	12,8 µg	11 µg	22 %
Folic acid	93,0 µg	80,0 µg	40 %
Vitamin B12	2,6 µg	2,2 µg	88 %
Vitamin C	23,3 mg	20 mg	25 %
Vitamin D2	1,5 µg	1,3 µg	26 %
Vitamin E	4,7 mg	4 mg	33 %
Vitamin K1	17,4 µg	15 µg	20 %
Potassium	744 mg	640 mg	32 %
Iodine	41,9 µg	36 µg	24 %
Magnesium	87 mg	75 mg	20 %
Calcium	233 mg	200 mg	25 %
Zinc	3,3 mg	2,8 mg	28 %

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PREPARATION: For one serving, you need 86 g of powder (2 measuring cups) + 300 ml of water. Shake well in a closed bottle or mix in a blender.

INGREDIENTS: maltodextrin, soya protein isolate, canola oil, fat-reduced cocoa powder (6,5 %), isomaltulose***, oat beta-glucans, emulsifier (soya lecithin), oil from the microalgae *Schizochytrium sp.*, cold pressed coconut oil, sunflower oil, sodium chloride, potassium chloride, calcium carbonate, magnesium oxide, zinc oxide, potassium iodate, stabiliser (acacia gum xanthan), cold pressed flax-seed 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.