



Nutrition Information

1 box contain 35 servings. Servings per pouch = 5
Serving size (86 g of powder + 300 ml of water = 400 kcal)

	100 g	%* 100g	1 Serving	%* 1 Serving	
Energetic content	kJ/kcal	1947 / 466	23%	1674 / 400	20%
Fats	22,1 g	32 %	19 g	27 %	
of which saturates	2,3 g	12 %	2 g	10 %	
Carbohydrates	39,5 g	15 %	34 g	13 %	
of which sugars	8,6 g	10 %	7,4 g	8 %	
Fibre	6,9 g	–	5,9 g	–	
Proteins	23,7 g	47 %	20,4 g	41 %	
Salt	1 g	17 %	0,9 g	15 %	

Vitamins and minerals	100 g	1 serving	%** 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). ** Daily reference intakes

Mana™ is a complete food.

PREPARATION: For one serving, you need 86 g of powder (2 scoops) + 300 ml of water. Mix well.

INGREDIENTS: maltodextrin, soya protein isolate, canola oil, isomaltulose ***, oat beta-glucans, emulsifier: soya lecithin, freeze-dried strawberry powder (1,5 %), freeze-dried raspberry powder (1,5 %), oil from the microalgae *Schizochytrium sp.*, cold pressed coconut oil, sunflower oil, stabiliser: acacia gum, sodium (sodium chloride), potassium (potassium chloride), calcium (calcium carbonate), magnesium (magnesium oxide), zinc (zinc oxide), iodine (potassium iodate), colour: beetroot extract, thickener: 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.



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INGREDIENTS: maltodextrin, soya protein isolate, canola oil, cacao powder (6,5 %), isomaltulose ***, oat beta-glucans, emulsifier: soya lecithin, oil from the microalgae *Schizochytrium sp.*, cold pressed coconut oil, sunflower oil, stabiliser: acacia gum, sodium (sodium chloride), potassium (potassium chloride), calcium (calcium carbonate), magnesium (magnesium oxide), zinc (zinc oxide), iodine (potassium iodate), thickener: 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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INGREDIENTS: maltodextrin, soya protein isolate, canola oil, isomaltulose ***, oat beta-glucans, ananas juice powder (2,5 %), emulsifier: soya lecithin, oil from the microalgae *Schizochytrium sp.*, cold pressed coconut oil, sunflower oil, stabiliser: acacia gum, sodium (sodium chloride), potassium (potassium chloride), calcium (calcium carbonate), magnesium (magnesium oxide), zinc (zinc oxide), iodine (potassium iodate), thickener: xanthan, cold pressed flaxseed oil, colour: Curcuma 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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