


Nutrition Declaration

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

	100 g	1 serving	%*1 serving
 Energetic content	kJ/kcal 1945 / 465	1673 / 400	20 %
Fats	23,3 g	20 g	28,6 %
of which saturates	2,3 g	2 g	10,0 %
Carbohydrates	40 g	34,68 g	13,3 %
of which sugars	10,5 g	9 g	10,0 %
Fibre	6,3 g	5,4 g	-
Proteins	23,4 g	20,1 g	40,2 %
Salt	1,2 g	1 g	16,7 %

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, Soy protein isolate, Canola oil, Oat fiber, Isomaltulose, Soy lecithin, Sea algal oil, Cold pressed coconut oil, Sunflower oil, Acacia gum, Minerals (Sodium (Salt), Potassium (Potassium chloride), Calcium (Calcium carbonate), Magnesium (Magnesium oxide), Zinc (Zinc oxide), Iodine (Potassium Iodate)), Xanthan, Cold pressed flaxseed oil, Sucralose, Vitamins (A (Retinyl acetate), B1 (Thiamine hydrochloride), B2 (Riboflavin), B3 (Nicotinamide), B5 (Calcium pantothenate), B6 (Pyridoxine hydrochloride), B7 (Biotin), B9 (Folic acid), B12 (Cyanocobalamin), C (Ascorbic acid), D2 (Ergocalciferol), E (Tocopherol acetate), K1 (Phylloquinone)), Aroma.

