



Nutrition Information

1 box contain 35 serving. 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	1945 / 465	23%	1673 / 400	20 %
Fats	23,3 g	33 %	20 g	28,6 %	
of which saturates	2,3 g	12 %	2 g	10,0 %	
Carbohydrates	40 g	16 %	34,68 g	13,3 %	
of which sugars	10,5 g	12 %	9 g	10,0 %	
Fibre	6,3 g	–	5,4 g	–	
Proteins	23,4 g	47 %	20,1 g	40,2 %	
Salt	1,2 g	18 %	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, Soya protein isolate, Rapeseed oil, Oat Beta-glucans, Isomaltulose***, Emulsifier: Soya lecithin, Oil from the microalgae *Schizochytrium sp.*, Cold pressed coconut oil, Sunflower oil, Emulsifier: Acacia gum, Sodium, Potassium, Calcium, Magnesium, Zinc, Iodine, 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.