

ManaBar Mark 8

Choco Nut



Complies With:
a vegetarian, vegan
and a Mediterranean diet.
Low sugar diet.

Doesn't Contain:
GMO-free, no animal products,
no palm oil, no added colours,
no preservatives,
no doping agents.

200 Cal	170 Health Benefits	232 Wh
10.3 g Protein	17 g Carbs	9.2 g Fat

ManaBar is a nutritionally complete food.
High protein bar fortified with vitamins, and
minerals. Contains sweeteners. Low sugar.
Suitable for vegans. No GMOs.

Net Weight: 1 bar 1.76 oz (50g) / 28 bars - 49.4 OZ. (1400KG)
Serving Size: 1 bar 50g (1.76 oz)
Calories per serving: 200 Cal

Macronutrient Profile and Energy Ratios
Protein: 10.3 g | 22 %
Carbohydrate: 17 g | 35 %
Fat: 9.2 g | 43 %

Storage: Store in a dry place at 25°C. Protect
from direct sunlight. Once opened, consume
immediately.

Ingredients:

corn fiber, oat flour, linseed, soy protein
extrudate (isolated soy protein), maltodextrin,
canola oil, sunflower seed, maltitol, isolated soy
protein, glycerol, vitamin and mineral blend
(potassium citrate, calcium carbonate, vitamin
C, magnesium oxide, zinc gluconate, vitamin A
acetate, thiamine hydrochloride, riboflavin,
niacin, d-calcium pantothenate, pyridoxine
hydrochloride, biotin, folic acid, vitamin B12,
vitamin D2, vitamin D3 from seaweed, high-
selenium yeast, potassium iodate, alpha-
tocopheryl acetate, vitamin K1), hazelnuts, fat-
reduced cocoa powder, sunflower lecithin,
choline bitartrate, taurine, L-carnitine, acacia
gum, salt, natural and artificial flavors,
sucralose.

Contains: soy, hazelnuts
Manufactured in a facility that processes peanuts, milk,
sesame and eggs.

Amount Per Serving	100 g	(50 g) 1 serving1 serving (50 g)	%*
Total Fat	18.4 g	9.2 g	12 %
Saturated Fat	1.8 g	0.9 g	5 %
Trans Fat	0 g	0 g	0 %
Cholesterol	0 mg	0 mg	0 %
Sodium	236 mg	118 mg	5 %
Total Carbohydrate	48 g	24 g	9 %
Dietary Fiber	14 g	7 g	25 %
Includes 0g of Added Sugars	0 g	0 g	0 %
Sugar Alcohols	7 g	3.5 g	-
Protein	21 g	10.3 g	21 %
Vitamins and minerals			
Vitamin D		0.74 mcg	4 %
Calcium		127 mg	10 %
Iron		2.1 mg	12 %
Potassium		300 mg	6 %
Vitamin A		118 mcg	13 %
Thiamin		0.16 mg	13 %
Riboflavin		0.2 mg	15 %
Niacin		2 mg	15 %
Pantothenic acid		1.1 mg	22 %
Vitamin B6		0.2 mg	12 %
Biotin		7 mcg	25 %
Folate 68mcg DFE (40mcg folic acid)			17%
Vitamin B12		0.78 mcg	33 %
Vitamin C		12 mg	13 %
Vitamin E		1.8 mg	12 %
Iodine		22.3 mcg	15 %
Vitamin K		11 mcg	9 %
Magnesium		57.3 mg	14 %
Selenium		8 mcg	15 %
Zinc		1.5 mg	14 %
Choline		18.5 mg	3 %
Taurine		20 mg	-
L-Carnitine		20 mg	-

* The % Daily Value (DV) tells you how much a nutrient in a serving of food
contributes to a daily diet. 2,000 calories a day is used for general nutrition
advice.

Amount Per Serving (50 g)	
Nutritionally Complete Ingredients and Extracts	37 800 mg
oat flour, corn fiber, maltodextrin, protein (soy protein extrudate (isolated soy protein), isolated soy protein), linseed, canola oil, sunflower seed, sunflower lecithin (phospholipids), cocoa powder (processed with alkali), hazelnuts.	
Prebiotics & Fiber	6 500 mg
Oat fiber (from oat flour), corn fiber, flax and sunflower seed fiber	
Bioactive Compounds	1 000 mg
Potassium (potassium citrate, potassium chloride), sodium (sodium chloride), calcium (calcium carbonate), magnesium (magnesium oxide), zinc (zinc gluconate), iodine (potassium iodate), vitamin A (retinol acetate), vitamin B1 thiamine (thiamine hydrochloride), vitamin B2 (riboflavin), vitamin B3 niacin (nicotinamide), vitamin B5 pantothenic acid (calcium D-pantothenate), vitamin B6 (pyridoxine hydrochloride), vitamin B7 (biotin), vitamin B9 (folic acid), vitamin B12 cobalamin (cyanocobalamin), vitamin C (ascorbic acid, ascorbyl palmitate), vitamin D2 (ergocalciferol), vitamin D3 from seaweed (cholecalciferol), vitamin E (dl-α-tocopheryl acetate), vitamin K1 (phylloquinone), vitamin B8 choline (choline bitartrate), selenium (selenium enriched yeast), L-carnitine, taurine.	
Phytonutrients**	400 mg
Ferulic acid, daidzin, glycitin, genistin, daidzein, glycitein, genistein, beta carotene, lutein, zeaxanthin, avenanthramides, quercetin, proanthocyanids, syringaresinol, pinoresinol, lariciresinol, beta-sitosterol, campesterol, brassicasterol, delta-5-avenasterol, chlorosterol, stigmasterol, 24-methylencholesterol, delta-7-campesterol, delta-5,24-stigmastadienol, sitostanol, delta-7-stigma stenol, campestanol, delta-7-avenasterol, phosphatidylcholine, phosphatidylethanolamine, phosphatidylserine, theobromine, epicatechin, catechin, procyanidins, caffeine (from cocoa powder).	
**Naturally occurring phytonutrients in plant ingredients and extracts.	
Other Ingredients	4 300 mg
Maltitol (sweetener), glycerol (humectant), flavouring, sucralose (sweetener).	