ManaPowder High Protein HP

Pistachio

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

Doesn't Contain:
GMO-free, gluten-free, lactose-free,
no animal products,
no nuts, no preservatives,
no doping agents.

505 Cal	**177 Health Benefits**	**587 Wh**
42 g Protein	**47 g Carbs**	**18 g Fat**

Nutritionally complete meal in powder form.
High-protein drink powder fortified with vitamins and minerals.
Suitable for vegans.

Net Weight: 446,2 oz. (12.65 kg)
110 servings per pack

Macronutrient Profile and Energy Ratios:
Protein: 42 g | 34 %
Carbohydrate: 47 g | 34 %
Fat: 18 g | 32 %

Preparation: For one serving, you need 4 oz (115 g) of powder (3 Mana™ scoops or 6 heaped tablespoons) and 15.2 fl oz (450 ml) of water. Shake well in a closed bottle or mix in a blender. Adjust proportions as preferred.

Storage: Store in a dry place. Protect from heat and direct sunlight. Once opened, consume within a month. If placed in airtight containers and stored in the dark, the shelf life can be extended to 6 months from the date of opening. Once mixed with water, it should be consumed within a few hours, or if refrigerated, within 24 hours. Re-shake before use.

Ingredients:

protein (soy and pea protein isolate, rice protein, pumpkin seed protein, chlorella), corn carbohydrates, oil blend (canola oil, avocado oil, oil from Schizochytrium sp. microalgae, coconut-based medium-chain triglycerides oil containing C8 caprylic acid, sunflower oil, cold-pressed flaxseed oil), oat fiber (gluten free), isomaltulose, creatine monohydrate, L-citrulline, glycine, soy lecithin, beta alanine, inulin, acacia gum, xanthan gum, carrot fiber, salt, vitamins and minerals (potassium citrate, potassium chloride, calcium carbonate, magnesium oxide, zinc gluconate, vitamin C, vitamin A acetate, thiamin, riboflavin, niacin, pantothenic acid, vitamin B6, biotin, folic acid, vitamin B12, vitamin D2, vitamin D3 from seaweed, selenium enriched yeast, potassium iodate, chromium picolinate), choline bitartrate, taurine, L-carnitine, kombucha (freeze-dried powder), malic acid, vitamin E, vitamin K1, mixed tocopherols, natural and artificial flavors, sucralose, chlorophyllin-copper complex (color).

Contains: soy, tree nuts (coconut)

Amount per serving	**115 g (1 serving)**	**% DV[1] (1 serving)**
Total Fat	18 g	23 %
Saturated Fat	2g	10 %
Trans Fat	0 g	0 %
Cholesterol	0 mg	0 %
Sodium	480 mg	21 %
Total Carbohydrate	47 g	17 %
Dietary Fiber	6.7 g	24 %
Total Sugar	6.8 g	-
Includes 5.6g of Added Sugars		11%
Protein	42 g	84 %
Vitamins and minerals		
Vitamin D	4.0 mcg	20 %
Calcium	200 mg	15 %
Iron	3.5 mg	19 %
Potassium	683 mg	15 %
Vitamin A	200 mcg RAE	22 %
Thiamin	0.4 mg	33 %
Riboflavin	0.4 mg	31 %
Niacin	6.0 mg NE	38 %
Pantothenic acid	2.2 mg	44 %
Vitamin B6	0.5 mg	29 %
Biotin	14.0 mcg	45 %
Folate 170 mcg DFE (100 mcg folic acid)		71 %
Vitamin B12	3.7 mcg	154 %
Vitamin C	38 mg	42 %
Vitamin E	6.7 mg	45 %
Vitamin K	18 mcg	15 %
Iodine	45 mcg	30 %
Magnesium	104 mg	25%
Zinc	3.3 mg	30 %
Selenium	15 mcg	27 %
Chromium	9.9 mcg	28 %
Choline	90 mg	16 %
Taurine	100 mg	-
L-Carnitine	100 mg	-
Creatine	3000 mg	-
L-citrulline	3000 mg	-
Glycine	2000 mg	-
Beta alanine	1000 mg	-

Amount Per Serving (115 g)

Nutritionally Complete Ingredients and Extracts

protein (soy and pea protein isolate, oat protein, brown rice protein, pumpkin seed protein, chlorella), maltodextrin, oat fiber, isomaltulose (low glycemic index disaccharide; source of glucose and fructose), oil blend (canola oil, avocado oil, coconut-based medium-chain triglycerides oil containing C8 caprylic acid, oil from Schizochytrium sp. microalgae, sunflower oil, oat oil, cold-pressed flaxseed oil), soy lecithin, kombucha (freeze-dried powder), L-carnitine, taurine, creatine, L-citrulline, glycine, beta alanine.

Prebiotics

oat fiber (beta-glucans), inulin from chicory (fructooligosaccharides FOS), carrot fiber, acacia gum (soluble fiber), and xanthan gum (soluble fiber).

Bioactive Compounds

Potassium (potassium citrate, potassium chloride), salt (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), choline (choline bitartrate), selenium (selenium enriched yeast), chromium (chromium picolinate), mixture of natural tocopherols.

Phytonutrients[2]

Ferulic acid, daidzin, glycitin, genistin, daidzein, glycitein, genistein, beta carotene, lutein, zeaxanthin, avenanthramides, syringaresinol, pinoresinol, lariciresinol, beta-sitosterol, campesterol, brassicasterol, delta-5-avenasterol, chlorosterol, stigmasterol, 24-methylenecholesterol, delta-7-campesterol, delta-5,24-stigmastadienol, sitostanol, delta-7-stigmastenol, campestanol, delta-7-avenasterol, phosphatidylcholine, phosphatidylethanolamine, phosphatidylserine.

Other Ingredients

Malic acid, sucralose (sweetener), natural and artificial flavors.

[1] 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.

[2] Naturally occurring phytonutrients in plant ingredients and extracts.