Berries

BERRIES FLAVOR

ManaPowder™ is a nutritionally complete food

PREPARATION: For one serving, you need 3 oz (86 g) of powder (2 Mana™ scoops or 5 heaped tablespoons) and 10.1 fl oz (300 ml) of water. Shake well in a closed bottle or mix in a blender. Adjust proportions as preferred.

INGREDIENTS: protein (soy protein isolate, pea protein isolate, oat protein, brown rice protein, pumpkin seed protein, chlorella), maltodextrin, oat fiber, isomaltulose, inulin, carrot fiber, vegetable oils (canola oil, medium-chain triglycerides oil containing C8 caprylic acid (from coconut), algae oil, sunflower oil, oat oil, flaxseed oil), soy lecithin, acacia gum, xanthan gum, salt, vitamin and mineral blend (potassium citrate, potassium chloride, calcium carbonate, magnesium oxide, zinc gluconate, vitamin A acetate, thiamine hydrochloride, riboflavin, niacin, d-calcium pantothenate, pyridoxine hydrochloride, biotin, folic acid, vitamin B12, vitamin C, ascorbyl palmitate, vitamin D2, vitamin D3 from seaweed, high-selenium yeast, potassium iodate, chromium picolinate), concentrated carrot and hibiscus, choline bitartrate, taurine, L-carnitine, kombucha (freeze-dried powder), citric acid, alpha-tocopheryl acetate, vitamin K1, mixed tocopherols, sucralose, natural and artificial flavors.

CONTAINS: soy, tree nuts (coconut oil).

High-protein drink powder fortified with vitamins and minerals. Suitable for vegans.

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.

Best-before date located on the package.

Nutrition Facts

Serving size
5 heaped tablespoons (3 oz. / 86g)

Amount per serving	
Calories	**400**
	% Daily Value*
Total Fat 19g	**24%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 400mg	**17%**
Total Carbohydrate 39g	**14%**
Dietary Fiber 6g	**21%**
Total Sugar 8g	
Includes 5.5g of Added Sugars	**11%**
Protein 21g	**42%**
Vitamin D 3.0mcg	15%
Calcium 200mg	15%
Iron 3.5mg	19%
Potassium 700mg	15%
Vitamin A 160mcg RAE	18%
Thiamin 0.3mg	25%
Riboflavin 0.3mg	23%
Niacin 4mg NE	25%
Pantothenic acid 2.1mg	42%
Vitamin B6 0.31mg	18%
Biotin 11mcg	37%
Folate 119mcg DFE (50mcg folic acid)	30%
Vitamin B12 2.2mcg	92%
Vitamin C 20mg	22%
Vitamin E 4mg	27%
Vitamin K 15mcg	13%
Iodine 36.0mcg	24%
Magnesium 75mg	18%
Zinc 1.8mg	25%
Selenium 12mcg	22%
Chromium 8mcg	23%
Choline 90mg	16%
Taurine 100mg	–
L-Carnitine 100mg	–

* 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.

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NET WT. 7 - 15.2 OZ. (430G) POUCHES / 106 OZ. (3.01KG)

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