ManaPowder Max Protein XP

Origin



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.

539 Cal	**177 Health Benefits**	**627 Wh**
64 g Protein	**12.5 g Carbs**	**27 g Fat**

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

Net Weight: 404 oz. (11.44 kg)
110 servings per pack

Macronutrient Profile and Energy Ratios:
Protein: 64 g | 48 %
Carbohydrate: 12.5 g | 7 %
Fat: 27 g | 45 %

Preparation: For one serving, you need 3.7 oz (104 g) of powder (2 Mana™ scoops or 5 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), oil blend (avocado oil, canola 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), creatine monohydrate, L-citrulline, glycine, L-threonine, 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, 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.

Contains: soy, tree nuts (coconut)

Amount per serving	**104 g (1 serving)**	**% DV[1] (1 serving)**
Total Fat	27 g	35 %
Saturated Fat	3.7g	19 %
Trans Fat	0 g	0 %
Cholesterol	0 mg	0 %
Sodium	480 mg	21 %
Total Carbohydrate	12.5 g	5 %
Dietary Fiber	7.3 g	26 %
Total Sugar	6.8 g	-
Includes 0g of Added Sugars		0 %
Protein	64 g	128 %
Vitamins and minerals		
Vitamin D	4.2 mcg	21 %
Calcium	237 mg	18 %
Iron	3.5 mg	19 %
Potassium	759 mg	16 %
Vitamin A	203 mcg RAE	23 %
Thiamin	0.4 mg	33 %
Riboflavin	0.4 mg	31 %
Niacin	6.1 mg NE	38 %
Pantothenic acid	2.3 mg	46 %
Vitamin B6	0.5 mg	29 %
Biotin	14.0 mcg	45 %
Folate 170 mcg DFE (100 mcg folic acid)		71 %
Vitamin B12	3.6 mcg	150 %
Vitamin C	38 mg	42 %
Vitamin E	6.8 mg	45 %
Vitamin K	18 mcg	15 %
Iodine	46 mcg	31 %
Magnesium	94 mg	22%
Zinc	3.5 mg	30 %
Selenium	15 mcg	27 %
Chromium	9.9 mcg	28 %
Choline	90 mg	16 %
Taurine	100 mg	-
L-Carnitine	100 mg	-
Creatine	6000 mg	-
L-citrulline	3000 mg	-
Glycine	6000 mg	-
Beta alanine	1000 mg	-
L-threonine	5000 mg	-

Amount Per Serving (104 g)

Nutritionally Complete Ingredients and Extracts

protein (soy and pea protein isolate, oat protein, brown rice protein, pumpkin seed protein, chlorella), oat fiber, oil blend (avocado oil, canola 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, L-threonine, 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.