

Nutrition Facts

1 serving per pouch

Serving size 2 Mana™ scoops/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 39.5g **14%**

Dietary Fiber 7g **23%**

Total Sugar 7g

Includes 5.5g of Added Sugars **11%**

Protein 21g

Vitamin D 1.3mcg **7%** Potassium 700mg **15%**

Calcium 200mg **15%** Iron 3.5mg **19%**

Vitamin A 160mcg **18%** Thiamin 0.3mg **25%**

Riboflavin 0.3mg **23%** Niacin 4mg **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 36mcg **24%** Magnesium 75mg **18%**

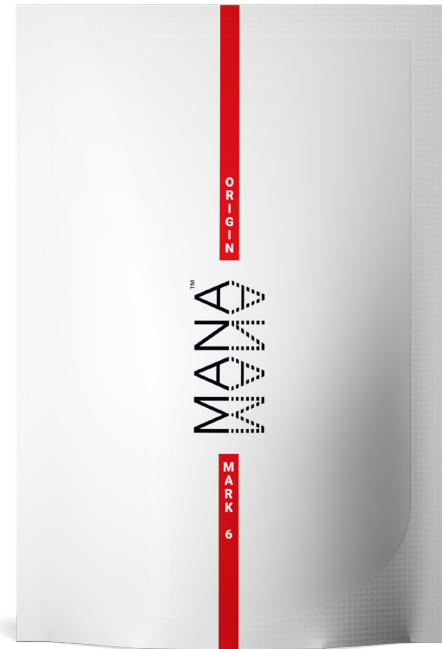
Zinc 2.8mg **25%**

* 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.

1 serving per pouch

NEUTRAL FLAVOUR

NET WT. 7 - 15.2 OZ. (430G)



ManaPowder™ is a nutritionally complete food.

PREPARATION: For one serving, you need 3 oz (86 g) of powder (an entire pouch) and 10.1 fl oz (300 mL) of water. Mix well in a sealed bottle or blender. Adjust proportions as preferred.

INGREDIENTS: protein (soy protein isolate, pea protein isolate, oat protein, hemp protein, brown rice protein, algae protein), maltodextrin, oat fiber, isomaltulose, inulin, carrot fiber, vegetable oils (canola oil, algae oil, coconut oil, sunflower oil, oat oil, flaxseed oil), soy lecithin, acacia gum, xanthan gum, vitamin and mineral blend (salt, potassium citrate, potassium chloride, calcium carbonate, magnesium lactate, zinc gluconate, potassium iodate, vitamin A acetate, thiamine hydrochloride, riboflavin, niacin, d-calcium pantothenate, pyridoxine hydrochloride, biotin, folic acid, vitamin B12, vitamin C, ascorbyl palmitate, vitamin D2), alpha-tocopherol 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.

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1 serving per pouch

CHOCOLATE FLAVOR

NET WT. 7 - 15.2 OZ. (430G)



**ManaPowder™ is
a nutritionally complete food.**

PREPARATION: For one serving, you need 3 oz (86 g) of powder (an entire pouch) and 10.1 fl oz (300 mL) of water. Mix well in a sealed bottle or blender. Adjust proportions as preferred.

INGREDIENTS: protein (soy protein isolate, pea protein isolate, oat protein, hemp protein, brown rice protein, algae protein), maltodextrin, cocoa powder (processed with alkali), oat fiber, isomaltulose, inulin, carrot fiber, vegetable oils (canola oil, algae oil, coconut oil, sunflower oil, oat oil, flaxseed oil), soy lecithin, acacia gum, xanthan gum, vitamin and mineral blend (salt, potassium citrate, potassium chloride, calcium carbonate, magnesium lactate, zinc gluconate, potassium iodate, vitamin A acetate, thiamine hydrochloride, riboflavin, niacin, d-calcium pantothenate, pyridoxine hydrochloride, biotin, folic acid, vitamin B12, vitamin C, ascorbyl palmitate, vitamin D2), alpha-tocopherol 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.

Nutrition Facts

1 serving per container

Serving size

1 bottle (11 fl oz/330mL)

Amount per serving

Calories

330

% Daily Value*

Total Fat 16g	21%
Saturated Fat 1.6g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 268mg	12%
Total Carbohydrate 32.4g	12%
Dietary Fiber 4.4g	16%
Total Sugar 6.5g	
Includes 4.9g of Added Sugars	10%

Protein 17g

Vitamin D 1.1mcg	6%	Potassium 520mg	11%
Calcium 165mg	13%	Iron 2.8mg	16%
Vitamin A 132mcg	15%	Thiamin 0.2mg	17%
Riboflavin 0.2mg	15%	Niacin 3mg	19%
Pantothenic acid 1.7mg	34%	Vitamin B6 0.3mg	18%
Biotin 9.1mcg	30%	Folate 119mcg DFE (42mcg folic acid)	24%
Vitamin B12 1.8mcg	75%	Vitamin C 13mg	14%
Vitamin E 3.3mg	22%	Vitamin K 12mcg	10%
Iodine 29.7mcg	20%	Magnesium 61.9mg	15%
Zinc 2.3mg	21%		

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1 serving per pouch

NEUTRAL FLAVOUR

NET WT. 12 - 11 FL OZ (330mL)



ManaDrink™ is a nutritionally complete food ready to drink.

INGREDIENTS: filtered water, protein (soy protein isolate, pea protein isolate, oat protein, hemp protein, brown rice protein, algae protein), maltodextrin, oat fiber, isomaltulose, inulin, carrot fiber, vegetable oils (canola oil, algae oil, coconut oil, sunflower oil, oat oil, flaxseed oil), soy lecithin, microcrystalline cellulose, cellulose gum, vitamin and mineral blend (salt, potassium citrate, potassium chloride, calcium carbonate, magnesium oxide, magnesium lactate, zinc gluconate, potassium iodate, vitamin A acetate, thiamine hydrochloride, riboflavin, niacin, d-calcium pantothenate, pyridoxine hydrochloride, biotin, folic acid, vitamin B12, vitamin C, ascorbyl palmitate, vitamin D2), alpha-tocopheryl acetate, vitamin K1, sucralose, natural and artificial flavors.

Contains: soy, tree nuts (coconut oil)

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

STORAGE: Protect from heat and direct sunlight. Do not freeze. Shake before use and consume immediately after opening.

Nutrition Facts

1 serving per container

Serving size

1 bottle (11 fl oz/330mL)

Amount per serving

Calories

330

% Daily Value*

Total Fat 16g	21%
Saturated Fat 1.6g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 268mg	12%
Total Carbohydrate 32.4g	12%
Dietary Fiber 4.4g	16%
Total Sugar 6.5g	
Includes 4.9g of Added Sugars	10%

Protein 17g

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Calcium 165mg	13%	Iron 2.8mg	16%
Vitamin A 132mcg	15%	Thiamin 0.2mg	17%
Riboflavin 0.2mg	15%	Niacin 3mg	19%
Pantothenic acid 1.7mg	34%	Vitamin B6 0.3mg	18%
Biotin 9.1mcg	30%	Folate 119mcg DFE (42mcg folic acid)	24%
Vitamin B12 1.8mcg	75%	Vitamin C 13mg	14%
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CHOCOLATE FLAVOR

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INGREDIENTS: filtered water, protein (soy protein isolate, pea protein isolate, oat protein, hemp protein, brown rice protein, algae protein), maltodextrin, oat fiber, isomaltulose, inulin, cocoa powder (processed with alkali), carrot fiber, vegetable oils (canola oil, algae oil, coconut oil, sunflower oil, oat oil, flaxseed oil), soy lecithin, microcrystalline cellulose, cellulose gum, vitamin and mineral blend (salt, potassium citrate, potassium chloride, calcium carbonate, magnesium oxide, magnesium lactate, zinc gluconate, potassium iodate, vitamin A acetate, thiamine hydrochloride, riboflavin, niacin, d-calcium pantothenate, pyridoxine hydrochloride, biotin, folic acid, vitamin B12, vitamin C, ascorbyl palmitate, vitamin D2), alpha-tocopherol acetate, vitamin K1, sucralose, natural and artificial flavors.

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