

NUTRITION FACTS & INGREDIENTS

(NL) Ingrediënten: Haverveel, sojameel, bruine rijst proteïne, hennep proteïne, fruit poeder, aroma, vitaminen, mineralen, erwten proteïne, soja proteïne, sojalecithine, citroenzuur, sucralose.

(ENG) Ingredients: Oat flour, soy flour, brown rice protein, hemp protein, fruit powder, flavor, vitamins, minerals, pea protein, soy protein, soy lecithin, citric acid, sucralose.

(ESP) Ingredientes: harina de avena, proteína de arroz integral, lecitina de soja, proteína de cáñamo, fruta en polvo, sabor, vitaminas, minerales, proteína de guisante, proteína de soja, harina de soja, ácido cítrico, sucralosa.

(DK) Ingredienser: Havremel, sojamel, brunt risprotein, hampeprotein, frugtpulver, smag, vitaminer, mineraler, ærteprotein, sojaprotein, sojalecithin, citronsyre, sucralose.

Vitamin and Minerals / Vitaminen en Mineralen	100g*	DV/DH**
1 pack / 1 meal / 100g		
Vitamin/Vitamine A (RE) (µg)	218	20%
Vitamin/Vitamine B1 (mg)	0,7	73%
Vitamin/Vitamine B2 (mg)	0,4	27%
Vitamin/Vitamine B6 (mg)	0,3	20%
Vitamin/Vitamine B12 (µg)	0,5	18%
Vitamin/Vitamine C (mg)	16,8	22%
Vitamin/Vitamine D3 (µg)	1	10%
Vitamin/Vitamine E (mg)	3,4	30%
Vitamin/Vitamine K1 (µg)	15,3	22%
Biotin/Biotine (µg)	10,5	27%
Calcium/Calcium (mg)	360,7	38%
Copper/Koper (mg)	0,9	100%
Folic Acid/Foliumzuur (µg)	104,4	35%

Vitamin and Minerals / Vitaminen en Mineralen	100g*	DV/DH**
Iodine/Jodium (µg)	30	21%
Iron/ijzer (mg)	6,8	58%
Magnesium/Magnesium (mg)	247,3	75%
Manganese/Mangaan (mg)	1,1	38%
Niacin/Niacine (mg)	3,7	23%
Omega 3 (µg)	20	1%
Omega 6 (µg)	60	2%
Pantothenic Acid/Pantotheenzuur (mg)	1,3	24%
Phosphorus/Fosfor (mg)	587,1	106%
Potassium/Kalium (mg)	1675	49%
Selenium/Seleen (µg)	11,7	18%
Sodium/Natrium (mg)	117	8%
Zinc/Zink (mg)	5	63%

Nutritional Value	Voedingswaarde	100g*	DV/DH**
1 pack / 1 meal / 100g	1 pak / 1 maaltijd / 100g		
Energy	Energie	1716 kj 410 kcal	20% 20%
Fat	Vetten	12,8	16%
- of which saturates	- waarvan verzadigde vetten	2	9%
- of which monounsaturated	- waarvan enkelvoudig onverzadigd	0,9	2%
- of which polyunsaturated	- waarvan meervoudig onverzadigd	1,3	11%
Carbon Hydrates	Koolhydraten	39,3	15%
- of that sugar	- waarvan suiker	2,9	3%
Protein	Eiwitten	32,7	58%
Fiber	Vezels	3,1	10%
Salt	Zout	0,09	1%

