

**NUTRITIONAL INFORMATION**

Serving size: 32.3 g  
 Servings per pack: 13  
 per 100 g powder

Average Value	per portion ready to use <sup>1</sup>	
Energy	206 kcal/ 868 kJ	372 kcal/ 1562 kJ
Carbohydrates	16 g	35 g
Total Sugars	8.6 g	21 g
Protein	20 g	31 g
Fat	4.9 g	8.6 g
Sodium	252 mg	600 mg
Niacin	4.8 mg NE	15 mg NE
Calcium	284 mg	757 mg
Iron	7.8 mg	19 mg
Magnesium	131 mg	210 mg
Zinc	3.6 mg	11 mg
Phosphorus	340 mg	571 mg
Copper	760 µg	1300 µg
Selenium	17 µg	52 µg
Manganese	1.2 mg	1.8 mg
Iodine	45.1 µg	121 µg
Vitamin A	241 µg	746 µg
Vitamin B <sub>1</sub> (Thiamin)	0.34 mg	1.1 mg
Vitamin B <sub>2</sub> (Riboflavin)	0.45 mg	1.4 mg
Vitamin B <sub>6</sub>	0.43 mg	1.3 mg
Vitamin B <sub>12</sub>	0.75 µg	2.3 µg
Vitamin C	24 mg	75 mg
Vitamin D	1.5 µg	4.7 µg
Vitamin E	3.8 mg	12 mg
Vitamin K	23 µg	71 µg
Pantothenic acid	1.9 mg	6 mg
Biotin	15 µg	47 µg
Lactose	0 g	0 g
Gluten	0 g	0 g

**INGREDIENTS:** Pea protein (29%), Sugar, Cocoa powder (17%), Maltodextrin, Thickener (Guar gum, Pectin), Emulsifier (Soy oil powder), Sunflower protein, Natural flavouring, Inulin (1.2g/100g), Pumpkin protein, Calcium carbonate, Green coffee bean extract, Dicalcium phosphate, Potassium citrate, Magnesium carbonate, Dipotassium phosphate, Sweetener (Steviol glycosides), Nettle extract (0.24%), Green mate extract (0.24%), Salt, Vitamin C, Zinc gluconate, Vitamin E, Selenium enriched yeast, Potassium iodide, Niacin, Vitamin A, Vitamin K<sub>1</sub>, Pantothenic acid, D-biotin, Manganese (II) gluconate, Vitamin B<sub>12</sub>, Antioxidants (Ascorbyl palmitate, Tocopherol), Folic acid, Vitamin D, Vitamin B<sub>6</sub>, Vitamin B<sub>2</sub>, Vitamin B<sub>1</sub>.

Suitable for vegetarians

Lactose free, Gluten free

<sup>1</sup> ready-to-use product prepared with 32.3 g of powder in 230 ml of milk (1.5 % fat)