

Cookies & Cream

100% nutritionally complete
high-protein meal

Huel

Black Edition

26
vitamins &
minerals

35g
protein

Low
sugar

Plant-based | Gluten-free

Huel is nutritionally complete food, with everything your body needs from a meal.

35g protein

**All 26 essential
vitamins & minerals**

7g dietary fibre

Slow-release carbs

Omega-3 & -6

All this, and **172 science-backed health benefits** to keep you on your game.

For details, visit uk.huel.com/benefits

Plus

Low sugar
Gluten-free
100% vegan
Non-GMO
Naturally flavoured
Naturally sweetened
Green tea extract



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Nutritionally complete drink
with natural flavourings
and natural sweetener

Nutrition Information

	Per 100ml	%RI*	Per bottle (500ml)	%RI*
Energy	323kJ		1680kJ	
	77kcal	4%	400kcal	20%
Fat (g) of which	3.3	5%	17	24%
-saturates (g)	1.2	6%	6.0	30%
-monounsaturates (g)	1.2		6.0	
-polyunsaturates (g)	1.0		5.0	
Carbohydrate (g)	4.3	2%	23	9%
-of which sugars (g)	1.1	1%	5.8	6%
Fibre (g)	1.3	(4%)	6.8	(23%)
Protein (g)	6.8	14%	35	70%
Salt (g)	0.15	3%	0.80	13%

Vitamins & Minerals

	Per 100ml	%NRV**	Per bottle (500ml)	%NRV**
Vitamin A (µg)	34.6	4%	180	23%
Vitamin D (µg)	1.0	20%	5.0	100%
Vitamin E (mg)	0.58	5%	3.0	25%
Vitamin K (µg)	6.7	9%	35	47%
Vitamin C (mg)	10	13%	50	63%
Thiamin (mg)	0.046	4%	0.24	22%
Riboflavin (mg)	0.054	4%	0.28	26%
Niacin (mg)	0.62	4%	3.2	20%
Vitamin B6 (mg)	0.066	5%	0.34	24%
Folate (µg)	15.4	8%	80.0	40%
Vitamin B12 (µg)	0.15	6%	0.80	32%
Biotin (µg)	1.9	4%	10	20%
Pantothenic Acid (mg)	0.23	4%	1.2	20%
Potassium (mg)	188	9%	980	49%
Chloride (mg)	88.5	11%	460	58%
Calcium (mg)	50.0	6%	260	33%
Phosphorus (mg)	69.2	10%	360	51%
Magnesium (mg)	19.2	5%	100	27%
Iron (mg)	1.7	12%	9.0	64%
Zinc (mg)	0.77	8%	4.0	40%
Copper (mg)	0.12	12%	0.60	60%
Manganese (mg)	0.15	8%	0.80	40%
Selenium (µg)	4.6	8%	24	44%
Chromium (µg)	1.9	5%	10	25%
Molybdenum (µg)	10	20%	50	100%
Iodine (µg)	13.5	9%	70.0	47%

Additional Information:

Choline (mg)	27	140
Omega-3 (g)	0.43	2.3
Omega-6 (g)	0.54	2.8
Medium-Chain Triglycerides (g)	0.67	3.5
Green Tea Extract (mg)	30.0	150

Ingredients: Water, Pea Protein, Faba Bean Protein, Tapioca Starch, Cold-Pressed Rapeseed Oil, Coconut Milk Powder, Ground Flaxseed, Coconut Sugar, Natural Flavourings, Soluble Vegetable Fibre (Chicory, Corn), Micronutrient Blend (Minerals (Potassium, Chloride, Calcium, Magnesium, Phosphorus, Copper, Zinc, Iodine, Chromium), Vitamins (C, K, E, A, Niacin, D, B12, Pantothenic Acid, Biotin, B6, B2, B1, Folate), Choline), Flaxseed Oil Powder, Cocoa Powder (0.5%), Medium-Chain Triglyceride Powder (from Coconut), Green Tea Extract, Sweetener: Enzymatically Produced Steviol Glycosides; Steviol Glycosides from Stevia, Thickener: Gellan Gum.

Allergy advice: May contain mustard.



We pay more for our cocoa to help farmers earn a living wage, end child labour, and protect forests. Together, we'll end exploitation in cocoa. Find out more: huel.com/tonys

Serving size:

This bottle contains 1 portion.

*RI = Reference intake of an average adult (8 400kJ/2 000kcal).

**NRV = Nutrient Reference Values.

Best before: See top of sleeve.

Storage: Store at room temperature. Best served chilled. Once open refrigerate and consume within 12 hours. Do not freeze.

Shake to wake

Made in the United Kingdom.
Huel Ltd, Tring, HP23 4RN, United Kingdom.
Huel GmbH, Friedrichstr. 114A, 10117 Berlin, Germany.



Remove sleeve and recycle. 51% recycled plastic bottle.

huel.com



500ml e