

Chocolate Power Shake

Ingredients: Oat Milk (Water, Gluten Free Oats), Banana Puree, Dates, Soya Protein, Coconut Cream, Cocoa Powder, Hazelnut Butter (100% Hazelnuts), Cornflour, Vitamin & Mineral Complex, Salt

Allergens in **BOLD**. May contain traces of **other Nuts**
Contains naturally occurring sugars. Gluten free.

NUTRITIONAL INFORMATION

TYPICAL VALUES	PER 100g	PER BOL 410g	R ¹ PER 410g
Energy kJ	281	1152	14%
Energy kcal	67	275	14%
Fat (g)	2.1	8.6	12%
of which saturates (g)	1.2	5.0	25%
Carbohydrate (g)	6.6	27.0	10%
of which sugars (g)	4.2	17.2	19%
Fibre (g)	0.5	2.1	
Protein (g)	5.3	21.7	43%
Salt (g)	0.22	0.90	15%

¹Reference Intake of an average adult
(8400kJ/2000kcal)

MICRONUTRIENTS BREAKDOWN

TYPICAL VALUES	PER 100g	PER BOL 410g	%NRV ^{**}
Vitamin A (ug)	57	232	29
Vitamin D (ug)	0.4	1.5	30
Vitamin E (mg)	0.9	3.5	29
Vitamin K (ug)	4.7	19	26
Vitamin C (mg)	17	69	87
Thiamin (mg)	0.1	0.4	36
Riboflavin (mg)	0.2	0.9	64
Niacin (mg)	1	5	28
Vitamin B6 (mg)	0.3	1.2	86
Folic Acid (ug)	13	54	27
Vitamin B12 (ug)	0.2	0.7	28
Biotin (ug)	3.2	13	26
Pantothenate (mg)	0.4	1.7	28
Chloride (mg)	86	351	44
Calcium (mg)	57	235	29
Potassium (mg)	183	751	38
Phosphorus (mg)	52	211	30
Magnesium (mg)	43	177	47
Iron (mg)	3.5	14	101
Zinc (mg)	0.7	2.8	28
Copper (mg)	0.1	0.5	50
Manganese (mg)	0.1	0.4	20
Selenium (ug)	2.6	11	19
Chromium (ug)	1.9	7.7	19
Molybdenum (ug)	2.4	9.7	19
Iodine (ug)	71	29	19

^{**}Nutrient Reference Values (NRV) in 410g
400ml (equivalent to 410g)

 This BOL is high in protein which contributes to the maintenance of muscle mass. Eat as part of a balanced diet and healthy lifestyle