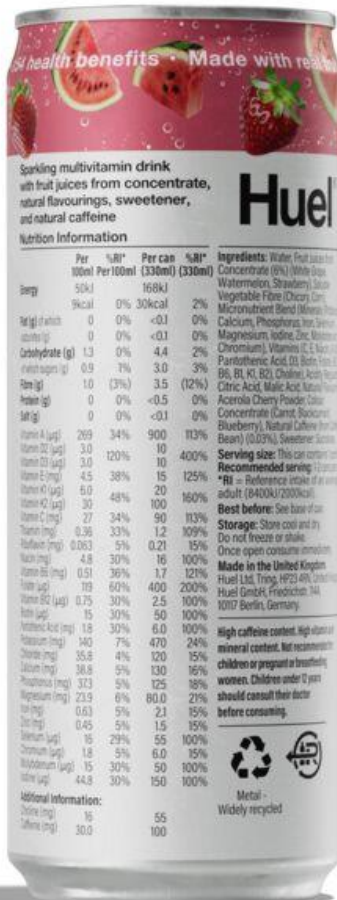




Sparkling multivitamin drink
with fruit juices from concentrate,
natural flavourings, sweetener,
and natural caffeine

Huel

Nutrition Information

	Per 100ml	%RI*	Per can (330ml)	%RI*
	Per 100ml		Per can (330ml)	
Berry	50kJ		168kJ	
	50kJ	0%	30kcal	2%
Tot (g) of which	0	0%	<0.1	0%
sucrose (g)	0	0%	<0.1	0%
Carbohydrate (g)	1.3	0%	4.4	2%
Protein (g)	0.9	7%	3.0	3%
Fibre (g)	1.0	(3%)	3.5	(12%)
Fibre (g)	0	0%	<0.5	0%
Salt (g)	0	0%	<0.1	0%
Vitamin A (µg)	269	34%	900	113%
Vitamin B1 (µg)	3.0	120%	10	400%
Vitamin B2 (µg)	3.0	120%	10	400%
Vitamin B3 (mg)	4.5	38%	15	125%
Vitamin B5 (µg)	6.0	48%	20	160%
Vitamin B6 (µg)	30	30%	100	100%
Vitamin C (mg)	27	34%	90	113%
Thiamin (mg)	0.36	33%	1.2	109%
Niacin (mg)	0.063	5%	0.21	15%
Na (mg)	4.8	30%	16	100%
Vitamin B12 (µg)	0.51	36%	1.7	121%
Vitamin B9 (µg)	19	60%	400	200%
Vitamin B12 (µg)	0.75	30%	2.5	100%
Biotin (µg)	15	30%	50	100%
Ascorbic Acid (mg)	1.8	30%	6.0	100%
Potassium (mg)	140	7%	470	24%
Sodium (mg)	35.8	4%	120	15%
Calcium (mg)	38.8	5%	130	16%
Phosphorus (mg)	37.3	5%	125	16%
Magnesium (mg)	23.9	6%	80.0	21%
Iron (mg)	0.63	5%	2.1	15%
Zinc (mg)	0.45	5%	1.5	15%
Selenium (µg)	15	29%	55	100%
Chromium (µg)	1.8	5%	6.0	15%
Molybdenum (µg)	15	30%	50	100%
Copper (µg)	44.8	30%	150	100%
Additional information:				
Caffeine (mg)	15		55	
Sucrose (mg)	30.0		100	

Ingredients: Water, Fruit Juice from Concentrate (6%), White Sugar, Watermelon, Strawberry, Lemon, Vegetable Fibre, Cherry, Cane, Micronutrient Blend (Vitamins A, B1, B2, B3, B5, B6, B9, B12, C, E, K, Magnesium, Iodine, Zinc, Manganese, Chromium), Vitamin D, L-Ascorbic Acid, Panthothenic Acid, D3, Biotin, Folate, B6, B1, K1, K2, Choline, Acids, Natural Citric Acid, Malic Acid, Natural Flavouring, Acerola Cherry Powder, Citrus Concentrate (Lemon, Blood Orange, Blueberry), Natural Caffeine from Caffeine Beans (10.07%), Sweetener, Gum.

Serving size: This can contains 100g.
Recommended serving: 100g (3.5 fl. oz.)
***RI = Reference Intake of an average adult (8400kJ/2000kcal).**
Best before: See base of can.
Storage: Store cool and dry. Do not freeze or shake. Once open consume immediately.

Made in the United Kingdom
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High caffeine content. High vitamin and mineral content. Not recommended for children or pregnant or breastfeeding women. Children under 12 years should consult their doctor before consuming.



Metal -
Widely recycled