

Vanilla Power Shake

Ingredients: Oat Milk (Water, Gluten Free Oats), Banana Puree, Soya Protein, Dates, **Almond Nut Butter** (100% Almonds), Coconut Cream, Cornflour, Natural Vanilla Flavourings, Vitamin & Mineral Complex

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	320	1312	16%
Energy kcal	76	312	16%
Fat (g)	2.8	11.5	16%
of which saturates (g)	0.7	2.8	14%
Carbohydrate (g)	7.4	30.2	12%
of which sugars (g)	4.0	16.4	18%
Fibre (g)	0.5	2.1	
Protein (g)	5.4	22.1	44%
Salt (g)	0.15	0.62	10%

*Reference 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)	0.8	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)	1.0	4.1	26
Vitamin B6 (mg)	0.3	1.2	86
Folic Acid (ug)	13	52	26
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)	54	222	28
Potassium (mg)	147	602	30
Phosphorus (mg)	38	156	22
Magnesium (mg)	33	137	37
Iron (mg)	2.8	11	81
Zinc (mg)	0.6	2.3	23
Copper (mg)	0.05	0.20	20
Manganese (mg)	0.1	0.4	20
Selenium (ug)	2.6	11	19
Chromium (ug)	2	8	19
Molybdenum (ug)	2.4	10	19
Iodine (ug)	7.1	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