

Vanilla

100% nutritionally complete
high-protein meal



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

6g 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



Gluten-free



Certified Corporation

Nutritionally complete drink with
natural flavourings and natural sweetener

Nutrition Information

| | Per 100ml | %RI* | Per bottle (500ml) | %RI* |
|----------------------|-----------------|------|--------------------|-------|
| Energy | 321kJ 77kcal | 4% | 1680kJ 400kcal | 20% |
| Fat (g) of which | 3.3 | 5% | 17 | 24% |
| -saturates (g) | 11 | 6% | 5.8 | 29% |
| -monounsaturates (g) | 11 | | 5.8 | |
| -polyunsaturates (g) | 10 | | 5.2 | |
| Carbohydrate (g) | 4.4 | 2% | 23 | 9% |
| -of which sugars (g) | 11 | 1% | 5.8 | 6% |
| Fibre (g) | 12 | (4%) | 6.0 | (20%) |
| Protein (g) | 6.8 | 14% | 35 | 70% |
| Salt (g) | 0.15 | 3% | 0.78 | 13% |

Ingredients: Water, Pea Protein, Faba Bean Protein, Tapioca Starch, Rapeseed Oil, Coconut Milk Powder, Ground Flaxseed, Coconut Sugar, Soluble Vegetable Fibre (Chicory, Corn), Micronutrient Blend (Minerals (Potassium, Calcium, Magnesium, Copper, Zinc, Iodine, Chromium), Vitamins (C, K, E, A, Niacin, D, B12, Pantothenic Acid, Biotin, B6, B2, B1, Folate), Choline), Natural Flavourings, Flaxseed Oil Powder, Hemp Seed Protein, Medium Chain Triglyceride Powder (from Coconut), Emulsifier: Sunflower Lecithin, Green Tea Extract, Sweeteners: Steviol Glycosides from Stevia, Thickener: Gellan Gum.

Allergy advice: May contain mustard.

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 | 20% |
| Niacin (mg) | 0.62 | 4% | 3.2 | 20% |
| Vitamin B6 (mg) | 0.065 | 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) | 181 | 9% | 940 | 47% |
| 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) | 0.21 | 11% | 1.1 | 55% |
| 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 2.2
Omega-6 (g) 0.55 2.9
Medium-Chain Triglycerides (g) 0.67 3.5
Green Tea Extract (mg) 30.0 150

Serving size: This bottle contains 1 portion.

*RI = Reference Intake of an average adult (8400kJ/2000kcal).

**NRV = Nutrient Reference Values.

Best before: See cap of bottle.

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

Shake to wake

Made in Germany.
Huel Ltd, Tring, HP23 4RN, United Kingdom.
Huel GmbH, Oberwallstr. 6, 10117 Berlin, Germany.

Remove sleeve and recycle. 51% recycled plastic bottle.

huel.com

500ml e



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