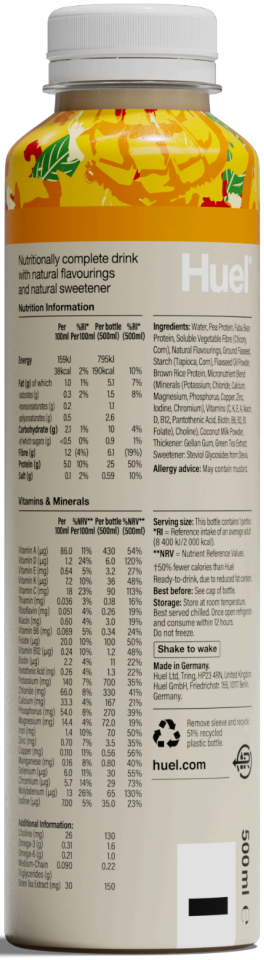
Nutritionally complete drink
with natural flavourings
and natural sweetener
Huel
Nutrition Information
Per 100ml
%RI* Per 100ml
Per bottle (500ml)
%RI* (500ml)
Energy 159kJ 38kcal 2% 795kJ 190kcal 10%
fat (g) of which 1.0 1% 5.1 7%
saturates (g) 0.3 2% 1.5 8%
monounsaturates (g) 0.2 1.1
polyunsaturates (g) 0.5 2.6
Carbohydrate (g) 2.1 1% 10 4%
of which sugars (g) <0.5 0% 0.9 1%
Fibre (g) 1.2 (4%) 6.1 (19%)
Protein (g) 5.0 10% 25 50%
Salt (g) 0.1 2%
Vitamins & Minerals
Per 100ml
%NRV** Per 100ml
Per bottle (500ml)
%NRV** (500ml)
Vitamin A (µg) 86.0 11% 430 54%
Vitamin D (µg) 1.2 24% 6.0 120%
Vitamin E (mg) 0.64 5% 3.2 27%
Vitamin K (µg) 72 10% 36 48%
Vitamin C (mg) 18 23% 90 113%
Thiamin (mg) 0.036 3% 0.18 16%
Riboflavin (mg) 0.051 4% 0.26 19%
Niacin (mg) 0.60 4% 3.0 19%
Vitamin B6 (mg) 0.069 5% 0.34 24%
Folate (µg) 20.0 10% 100 50%
Vitamin B12 (µg) 0.24 10% 1.2 48%
Biotin (µg) 2.2 4% 11 22%
Pantothenic Acid (mg) 0.26 4% 1.3 22%
Potassium (mg) 140 7% 700 35%
Chloride (mg) 66.0 8% 330 41%
Calcium (mg) 33.3 4% 167 21%
Phosphorus (mg) 54.0 8% 270 39%
Magnesium (mg) 14.4 4% 72.0 19%
Iron (mg) 1.4 10% 7.0 50%
Zinc (mg) 0.70 7% 3.5 35%
Copper (mg) 0.110 11% 0.56 56%
Manganese (mg) 0.16 8% 0.80 40%
Selenium (µg) 6.0 11% 30 55%
Chromium (µg) 5.7 14% 29 73%
Molybdenum (µg) 13 26% 65 130%
Iodine (µg) 7.00 5% 35.0 23%
Additional Information:
Choline (mg) 26 130
Omega-3 (g) 0.31 1.6
Omega-6 (g) 0.21 1.0
Medium-Chain Triglycerides (g) 0.090 0.22
Green Tea Extract (mg) 30 150
Ingredients: Water, Pea Protein, Faba Bean Protein, Soluble Vegetable Fibre (Chicory, Corn), Natural Flavourings, Ground Flaxseed, Starch (Tapioca, Corn), Flaxseed Oil Powder, Brown Rice Protein, Microcrystalline Cellulose, Emulsifier: Sunflower Lecithin, Salt, Stabilisers: Xanthan Gum, Guar Gum, Acacia Gum, Minerals (Potassium, Chloride, Calcium, Magnesium, Phosphorus, Copper, Zinc, Iodine, Chromium), Vitamins (C, E, A, Niacin, D, B12, Pantothenic Acid, Biotin, B6, B2, B1, Folate), Choline), Coconut Milk Powder, Thickener: Gellan Gum, Green Tea Extract, Sweetener: Steviol Glycosides from Stevia.
Allergy advice: May contain mustard.
Serving size: This bottle contains 1 portion.
*RI = Reference intake of an average adult (8 400 kJ/2 000 kcal).
**NRV = Nutrient Reference Values.
†50% fewer calories than Huel Ready-to-drink, due to reduced fat content.
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 4PA, United Kingdom
Huel GmbH, Friedrichstr. 155, 10117 Berlin, Germany.
Remove sleeve and recycle. 51% recycled plastic bottle.
huel.com
500ml