

Chocolate

100% nutritionally complete
high-protein meal



HUEL

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

7g 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



UKRTBCHOSLE11.0-001

Nutrition Information

	Per 100ml	%R* Per 100ml	%RI* Per 100ml
Energy	323kJ 77kcal	4% 400kcal	20%
Fat (g) of which	3.3	5%	17
-saturates (g)	1.2	6%	30%
-monounsaturates (g)	1.1	5.8	
-polyunsaturates (g)	1.0	5.0	
Carbohydrate (g)	4.5	2%	23
-of which sugars (g)	1.3	1%	5.8
Fibre (g)	6.7	13%	35
Protein (g)	0.8	3%	0.96
Salt (g)			

Vitamins & Minerals

	Per 100ml	%NRV** Per 100ml	%NRV** Per 100ml
Vitamin A (µg)	34.6	4%	180
Vitamin D (µg)	1.0	20%	5.0
Vitamin E (mg)	0.58	5%	3.0
Vitamin K (µg)	6.7	9%	35
Vitamin C (mg)	10	13%	50
Thiamin (mg)	0.046	4%	0.24
Riboflavin (mg)	0.053	4%	0.28
Niacin (mg)	0.62	4%	3.2
Vitamin B6 (mg)	0.055	5%	0.34
Folate (µg)	15.4	8%	80.0
Vitamin B12 (µg)	0.15	6%	0.80
Biotin (µg)	1.9	4%	10
Pantoic Acid (mg)	0.23	4%	1.2
Potassium (mg)	192	10%	1000
Chloride (mg)	96.2	12%	500
Calcium (mg)	500	6%	260
Phosphorus (mg)	73.1	10%	380
Magnesium (mg)	23.1	6%	120
Iron (mg)	1.7	12%	9.0
Zinc (mg)	0.77	8%	4.0
Copper (mg)	0.04	14%	0.74
Manganese (mg)	0.25	13%	1.3
Selenium (µg)	4.6	8%	24
Chromium (µg)	3.8	10%	20
Molybdenum (µg)	10	20%	50
Iodine (µg)	13.5	9%	70.0

Additional Information:

Choline (mg)	27
Omega-3 (g)	0.42
Omega-6 (g)	0.54
Medium-Chain Triglycerides (g)	0.66
Green Tea Extract (mg)	300

Allergy advice: May contain mustard.

The cocoa in this product has been sourced via Tony's Open Chain according to Tony's 5 sourcing principles. Find out more at www.tonysopenchain.com.

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, Oberwalstr. 6, 10117
Berlin, Germany.



Remove sleeve and recycle.
51% recycled plastic bottle.

huel.com

500 ml e

