

Blueberry

Nutritionally complete food, with everything your body needs from a meal



MUSCLE SUPPORT
Protein, calcium, + magnesium help maintain and support healthy muscle function



COGNITIVE FUNCTION
Iron + vitamin B12 support cognitive function and mental performance



IMMUNE SUPPORT
Vitamin C + selenium support a healthy immune system



GUT HEALTH
Chicory root fibre + calcium support healthy digestion

All this, and 172 science-backed health benefits to keep you on your game.

For details, visit uk.huel.com/benefits



LKRTBBLSLE10-E-001

High Protein Complete Meal

Huel

BLACK EDITION

26
vitamins &
minerals

35g
protein

6g
fibre

Plant-based | Gluten-free

Nutritionally complete drink with natural flavourings and natural sweetener

Nutrition Information

	Per 100ml	%RI*	Per bottle (500ml)	%RI*
Energy	336kJ		1680kJ	
	80kcal	4%	400kcal	20%
Fat (g) of which	3.4	5%	17	24%
-saturates (g)	11	6%	53	27%
-monounsaturates (g)	12		62	
-polyunsaturates (g)	10		52	
Carbohydrate (g) of which sugars (g)	4.4	2%	22	8%
	0.8	1%	4.2	5%
Fibre (g)	12	(4%)	6.0	(20%)
Protein (g)	21	14%	35	70%
Salt (g)	0.20	3%	1.0	17%

Vitamins & Minerals

	Per 100ml	%NRV**	Per bottle (500ml)	%NRV**
Vitamin A (µg)	36.0	5%	180	23%
Vitamin D (µg)	1.0	20%	5.0	100%
Vitamin E (mg)	0.6	5%	3.0	25%
Vitamin K (µg)	70	9%	35	47%
Vitamin C (mg)	10	13%	50	63%
Thiamin (mg)	0.048	4%	0.24	22%
Riboflavin (mg)	0.056	4%	0.28	20%
Niacin (mg)	0.64	4%	3.2	20%
Vitamin B6 (mg)	0.068	5%	0.34	24%
Folate (µg)	16.0	8%	80.0	40%
Vitamin B12 (µg)	0.16	6%	0.80	32%
Biotin (µg)	2.0	4%	10	20%
Pantothenic Acid (mg)	0.24	4%	1.2	20%
Potassium (mg)	188	9%	940	47%
Chloride (mg)	92.0	12%	460	58%
Calcium (mg)	52.0	7%	260	33%
Phosphorus (mg)	72.0	10%	360	51%
Magnesium (mg)	20.0	5%	100	22%
Iron (mg)	1.8	13%	9.0	64%
Zinc (mg)	0.80	8%	4.0	40%
Copper (mg)	0.12	12%	0.60	60%
Manganese (mg)	0.22	11%	1.1	55%
Selenium (µg)	4.8	9%	24	44%
Chromium (µg)	2.0	5%	10	25%
Molybdenum (µg)	10	20%	50	100%
Iodine (µg)	14.0	9%	70.0	47%

Additional Information:

Choline (mg)	28	140
Omega-3 (g)	0.46	2.3
Omega-6 (g)	0.58	2.9
Medium Chain Triglycerides (g)	0.50	3.0
Green Tea Extract (mg)	30.0	150

Huel®

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

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.

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, Friedrichstr. 155, 10117 Berlin, Germany.



Remove sleeve and recycle 51% recycled plastic bottle.

huel.com

500ml e

