

Ingredients: Water, Fruit Juice 10% from Concentrate (5% Mango Juice, 5% Lychee Juice), Prebiotic Inulin from Chicory Root, L-Glutamine, **Nootropic Ingredients** (Ginger Extract, Cranberry Extract, Aloe Vera Extract, Ashwagandha Extract, Turmeric Extract), Acid (Citric Acid), Minerals (Tri Magnesium Citrate, Calcium Carbonate, Zinc Bisglycinate, Tri Manganese Citrate Decahydrate, Sodium Selenite, Copper Sulphate, Chromium Chloride Hexahydrate, Sodium Molybdate Dihydrate), **Natural Flavouring**, **Natural Colouring** (Beta Carotene), **Vitamins** (Vitamin C *Ascorbic Acid*, Vitamin B3 *Nicotinamide*, Vitamin K2 *Menaquinone MK7*, Vitamin E Acetate, Vitamin A Acetate, Vitamin B5 *Calcium Pantothenate*, Vitamin B2 *Riboflavin*, Vitamin D3 *Cholecalciferol*, Vitamin B6 *Pyridoxine Hydrochloride*, Vitamin B12 *Cobalamin*, Vitamin B9 *Folicin*, Vitamin B7 *D-Biotin*), **Natural Sweetener** (Steviol Glycosides Reb M), **Organic Probiotic Extract** (Encapsulated Lactobacillus Rhamnosus)

Keep fresh by storing in a chilled, dry place, away from direct sunlight.

For the best experience, enjoy immediately after opening.

We recommend a maximum of 2 cans per day based on vitamin content.

Biotin B7: Contributes to the maintenance of normal mucous membranes, normal macronutrient metabolism, and normal psychological function.

Vitamin C: Contributes to normal collagen formation for the normal function of blood vessels, bones, cartilage, gums, skin, and teeth.

Vitamin D: Contributes to the normal function of the immune system, the normal absorption of calcium and phosphorus, and has a role in the process of cell division.

Zinc: Contributes to normal DNA synthesis, and the normal function of the immune system

Probiotics: Contains active microorganisms that live in the gut-microbiome.

Fibre: **High in fibre.** The NHS recommends 30g a day as part of a healthy balanced diet.

Incorporating a variety of these vitamins and minerals into your diet can help maintain a balanced and healthy gut!

Nutritional Information

	Per 100ml	Per 330ml
Energy kcal	20.7	68.3
Energy kj	86.8	285.8
Fat (g)	0.0g	0.0g
of which Saturates	0.0g	0.0g
Carbohydrates	1.5g	5.0g
of which Sugars	1.3g	4.3g
Protein	1.6g	5.3g
Fibre	2.7g	8.9g
Salt	0.1g	0.3g

Nootropic Information

Prebiotic Inulin (mg)	3000.0	9900.0
Probiotic	303million	1billion
L-Glutamine (mg)	1515.2	5000.0
Cranberry Extract (mg)	303.0	1000.0
Ginger Extract (mg)	303.0	1000.0
Aloe Vera Extract (mg)	151.5	500.0
Ashwagandha (mg)	100.0	330.0
Turmeric Extract (mg)	90.9	300.0

Vitamins & Minerals

	100ml	330ml	% NRV
Vitamin A (mcg)	121.2	400.0	50%
Vitamin C (mg)	24.2	80.0	100%
Vitamin D3 (mcg)	0.8	2.5	50%
Vitamin E (mg)	1.8	6.0	50%
Vitamin B2 (Riboflavin) (mg)	0.4	1.4	100%
Vitamin B3 (Niacine) (mg)	4.9	16	100%
Vitamin B5 (mg)	1.8	6.0	100%
Vitamin B6 (mg)	0.4	1.4	100%
Vitamin B7 (Biotin) (mcg)	15.2	50.0	100%
Vitamin B9 (Folic Acid) (mcg)	60.6	200.0	100%
Vitamin B12 (Cobalamin) (mcg)	0.8	2.5	100%
Vitamin K2 (mcg)	11.4	37.5	50%
Calcium (mg)	36.4	120.0	15%
Magnesium (mg)	17.1	56.3	15%
Zinc (mg)	0.5	1.5	15%
Copper (mg)	0.0	0.2	15%
Manganese (mg)	0.1	0.3	15%
Selenium (mcg)	2.5	8.3	15%
Chromium (mcg)	1.8	6.0	15%
Molybdenum (mcg)	2.3	7.5	15%