

Powder Matter

Meal Shake Original

Nutrition Facts

per 100 g	
Energy (kcal/kJ)	418 1721
Fats (g)	14.4
saturates	2.4
MUFA's	5.7
PUFA's	4.5
Omega 3	0.4
Omega 6	3.6
Carbohydrates(g)	52.2
sugars	5
Fibers(g)	7.4
Proteins(g)	23.9
Salt	1.2

Vitamins

		RI*
Vitamin A (µg)	188	24%
Vitamin B1 (mg)	0.5	46%
Vitamin B2 (mg)	0.6	36%
Vitamin B3 (mg)	4.5	28%
Vitamin B5 (mg)	2.0	33%
Vitamin B6 (mg)	0.5	32%
Vitamin B7 (µg)	11	22%
Vitamin B9 (µg)	125	63%
Vitamin B12 (µg)	0.5	22%
Vitamin C (mg)	17	21%
Vitamin D (µg)	1	20%
Vitamin E (mg)	5.2	43%
Vitamin K (µg)	34	45%

Minerals

Calcium (mg)	236	29%
Phosphorus (mg)	385	55%
Iron (mg)	5.7	41%
Zinc (mg)	4.16	42%
Copper (mg)	0.95	95%
Iodine (µg)	31	21%
Selenium (µg)	13.2	21%
Potassium (mg)	959	24%
Magnesium (mg)	223	59%
Manganese (mg)	2.4	120%
Sodium (mg)	122	21%

*Reference intake of an average adult(8400kJ/2000kcal)

Ingredients

Glutenfree oatmeal, glutenfree soy flour, Vitamin & Mineral mix (maltodextrin, sunflower lecithin)*, whey protein concentrate(milk), sunflower oil, natural aroma, silicon dioxide, xanthan gum, sea salt, sucralose.

* Vitamins A, B1, B2, B3, B5, B6, B7, B9, B12, C, D, E, K, Calcium, Phosphorus, Iron, Zinc, Copper, Iodine, Selenium, Potassium, Magnesium, Manganese

Instructions for use

Instructions for use: Fill a shaker with 400 ml water. Add 160 gram of Powder Matter to the shaker and shake until satisfied.

The amount of added water can be increased up to 500 ml when a thinner consistency is desired.

Macro energy split

