

Nuts Mania v1.2

Powder Matter

Nutrition Facts

per 100 g	
Energy (kcal/kJ)	412 1724
Fats (g)	16.2
saturates	1.7
MUFA's	7.2
PUFA's	7.2
Omega 3	2.0
Omega 6	4.0
Carbohydrates(g)	43
sugars	1.6
Fibers(g)	8.2
Proteins(g)	21
Salt	0.4

Vitamins

		RI*
Vitamin A (µg)	164	20%
Vitamin B1 (mg)	0.64	59%
Vitamin B2 (mg)	0.58	36%
Vitamin B3 (mg)	4.94	31%
Vitamin B5 (mg)	1.62	27%
Vitamin B6 (mg)	0.46	33%
Vitamin B7 (µg)	10.5	21%
Vitamin B9 (µg)	120	60%
Vitamin B12 (µg)	0.53	21%
Vitamin C (mg)	16.8	21%
Vitamin D (µg)	1.02	20%
Vitamin E (mg)	6.77	56%
Vitamin K (µg)	19.02	25%

Minerals

Calcium (mg)	280	35%
Phosphorus (mg)	494	71%
Iron (mg)	9.7	69%
Zinc (mg)	5.2	52%
Copper (mg)	1.0	102%
Iodine (µg)	31	21%
Selenium (µg)	17.6	32%
Potassium (mg)	627	31%
Magnesium (mg)	201	54%
Manganese (mg)	2.2	110%
Sodium (mg)	338	59%

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

Ingredients

Superseed complex carbohydrates mix (Buckwheat meal*, Quinoa meal*, golden Linseed meal*), **Nuts** mix (Almond meal*, Walnut chunks*, Hazelnut chunks), **Soy** protein isolate, vitamin and mineral mix, natural aromas, texture improver: guar gum & xanthan gum, anti-caking powder: silicium dioxide, protein based natural sweetener: Thaumatin

* from certified organic / bio source.

Instructions for use

Fill a shaker with 400 ml water. Add 100 gram to the shaker(2 scoops). For accuracy, use a kitchen scale. Ten seconds of shaking should be sufficient. The amount of added water can be lowered down to 350 ml when a thicker consistency is desired.

Use a blender to grind down the small pieces of nuts if you prefer a smoother consistency.

Consider using (bio/nut) milk instead of water

Macro energy split

