

# Powder Matter

## Nutrition Facts

per 100 g	
<b>Energy (kcal)</b>	<b>400</b>
<b>Fats (g)</b>	<b>13.9</b>
saturates	2.3
MUFA's	3.2
PUFA's	4.5
Omega 3	1.2
Omega 6	1.4
<b>Carbohydrates(g)</b>	<b>36.6</b>
sugars	0.8
<b>Fibers(g)</b>	<b>8</b>
<b>Proteins(g)</b>	<b>30</b>
<b>Salt</b>	<b>0.7</b>

## Vitamins

		RI*
Vitamin A (µg)	163	20%
Vitamin B1 (mg)	0.23	42%
Vitamin B2 (mg)	0.29	23%
Vitamin B3 (mg)	3.3	25%
Vitamin B5 (mg)	1.26	24%
Vitamin B6 (mg)	0.29	29%
Vitamin B7 (µg)	11	21%
Vitamin B9 (µg)	50	53%
Vitamin B12 (µg)	0.53	21%
Vitamin C (mg)	17	21%
Vitamin D (µg)	1.02	20%
Vitamin E (mg)	2.45	49%
Vitamin K (µg)	15	23%

## Minerals

Calcium (mg)	160	29%
Phosphorus (mg)	140	59%
Iron (mg)	2.8	56%
Zinc (mg)	2.0	40%
Copper (mg)	0.20	79%
Iodine (µg)	30	20%
Selenium (µg)	11	26%
Potassium (mg)	333	23%
Magnesium (mg)	75	36%
Manganese (mg)	0.4	65%
Sodium (mg)	115	64%

\*Reference intake of an average adult(2000kcal)

# Meal Shake Version 2.0

## Ingredients

Varied Complex Carbs mix (Organic Buckwheat Meal, Oatmeal (**gluten**), Organic Amaranth Meal, Organic Quinoa Meal, Acacia Fiber), **Soy** Protein Isolate, Sunflower Oil\*, Golden Linseed Meal, Vitamin & Mineral Mix\*, *emulsifier*: Organic Sunflower Lecithin, *texture improver*: Guar & Xanthan Gum, *anti-caking powder*: Silicium Dioxide, *Sweetener*: Sucralose.

Flavoring specific ingredients: Vanilla flavor: natural vanilla aroma; Chocolate-flavor: natural vanilla aroma, cocoa powder; Coconut-choco-flavor: natural coconut-aroma, cocoa powder

\*Maltodextrine is a carrier for these ingredients

## Instructions for use

Fill a shaker with 400 ml water. Add 100 gram of Powder Matter to the shaker and shake.

The amount of added water can be increased up to 450 ml when a thinner consistency is desired.

## Macro energy split

