

# NUTRITION FACTS

1 serving (155g) per package

	Per 100g	%RI*	Per 155g	%RI*
<b>Energy (kcal)</b>	430	21	667	33
<b>Fat (g)</b>	15.0		23.3	
Saturated	2.3		3.7	
Monounsaturated	3.3		5.2	
Polyunsaturated	8.5		13.2	
Omega 3 fatty acids	1.1		1.7	
Omega 6 fatty acids	6.9		10.7	
<b>Carbohydrates (g)</b>	52.2		87.1	
Of which sugars	2.5		4.0	
<b>Fibre (g)</b>	6.6		10.2	
<b>Salt (g)</b>	0.2		0.3	
<b>Protein (g)</b>	16.1		25.0	
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Vitamin A (µg)	332.9	42	516.1	65
Thiamin (B1) (mg)	0.3	31	0.5	48
Riboflavin (B2) (mg)	0.3	16	0.4	25
Niacin (B3) (mg)	5.7	35	8.8	55
Pantothenic Acid (B5) (mg)	1.5	21	2.4	33
Vitamin (B6) (mg)	0.5	36	0.8	55
Biotin (B8) (µg)	22.7	45	35.2	70
Folic Acid (B9) (µg)	56.8	28	88.1	44
Vitamin B12 (µg)	1.1	40	1.6	62
Vitamin C (mg)	22.7	28	35.2	44
Vitamin D (µg)	1.8	36	2.8	56
Vitamin E (mg)	4.5	38	7	59
Vitamin K (µg)	15.6	21	24.2	33
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Calcium (µg)	170.5	21	264.3	33
Chloride (mg)	190.1	24	294.6	37
Choline (mg)	97.5	**	151.1	**
Chromium (µg)	8.2	21	12.7	33
Copper (mg)	0.2	21	0.3	33
Iodine (µg)	31.9	21	49.5	33
Iron (mg)	2.9	21	4.6	33
Magnesium (mg)	79.7	21	123.6	33
Manganese (mg)	0.5	21	0.7	33
Molybdenum (µg)	10.2	21	15.8	33
Phosphorus (µg)	149.0	21	231.0	33
Potassium (mg)	425.8	21	659.9	33
Selenium (µg)	11.8	21	18.2	33
Zinc (mg)	2.1	21	3.3	33

\* Reference intake (RI) are based on a 2,000 calories diet.

\*\* No RI provided by the European Food Safety Authority.

**Ingredients:** oatmeal (gluten), corn maltodextrin, glucose, fat powder (soy oil), soy protein isolate, glucose syrup, (only with chocolate flavour:) low-fat cocoa powder, dietary fiber (polydextrose), buckwheat flour (gluten), flaxseed flour, brown rice protein isolate, pea protein isolate, amaranth, quinoa, millet, chia, thickener (xanthan gum, guar gum), minerals (potassium citrate, magnesium carbonate, calcium carbonate, iron (II) sulfate, zinc sulfate, potassium iodide, sodium hydrogen sulfite, copper (II) gluconate, manganese sulfate), natural aromas (excl. natural flavour), coloring (only with strawberry flavour: beet red), vitamins (vitamin E (dl-alpha-tocopheryl acetate), biotin (D-biotin), vitamin C (l-ascorbic acid), niacin (nicotinamide), vitamin A (retinyl acetate)), pantothenic acid (calcium d-pantothenate), folic acid (pteroylmonoglutamic acid), vitamin B12 (cyanocobalamin), vitamin B2 (riboflavin), vitamin B6 pyridoxine hydrochloride, vitamin D3 (cholecalciferol), vitamin B1 (thiaminemononitrate)), sweetener (sucralose), chlorella.

Purelent is a meal replacement shake that contains 100% of the daily recommended nutrient intake for adults as advised by the European Food Safety Authority (EFSA).

Purelent has a shelf life of approximately 1 year when stored in a cool and dry place. When prepared, consume within 24 hours.

VEGAN

GMO FREE

ISO 22000

HACCP