



MOJO NUTRITION

**NUTRITIONAL INFORMATION
VEGAN SHAKE**



<i>NUTRITION FACTS</i>	PER 100G	PER 32G	RI*
ENERGY	409,74 kcal	131,12 kcal	6,56 %
LIPIDS	4,96 g	1,59 g	2,27 %
<i>OF WHICH FATTY ACIDS, TOTAL</i>			
<i>SATURATED</i>	1,71 g	0,55 g	2,74 %
CARBOHYDRATES	16,51 g	5,28 g	2,03 %
<i>OF WHICH FAST SUGARS</i>	4,82 g	1,54 g	1,71 %
<i>OF WHICH SLOW SUGARS</i>	11,69 g	3,74 g	
PROTEINS	71,02 g	22,73 g	45,45 %
FIBERS	7,49 g	2,40 g	
<i>VITAMINS</i>	PER 100G	PER 32G	RI*
VITAMIN A	800,00 µg	256,00 µg	32,00 %
VITAMIN B1	1,10 mg	0,35 mg	
VITAMIN B2	1,40 mg	0,45 mg	
VITAMIN B3	16,00 mg	5,12 mg	
VITAMIN B5	6,00 mg	1,92 mg	
VITAMIN B6	1,40 mg	0,45 mg	
VITAMIN B12	2,50 µg	0,80 µg	

VITAMIN C	80,00 mg	25,60 mg	
VITAMIN D	5,00 µg	1,60 µg	
VITAMIN E	12,00 mg	3,84 mg	
FOLATE	200,00 µg	64,00 µg	
VITAMIN H	50,00 µg	16,00 µg	
VITAMIN K	75,00 µg	24,00 µg	
<i>MINERALS</i>	PER 100G	PER 32G	RI*
CALCIUM	800,00 mg	800,00 mg	32,00 %
CHROMIUM	40,00 µg	12,80 µg	32,00 %
COPPER	1,00 mg	0,32 mg	32,00 %
SILICON	25,00 mg	1,12 mg	4,48 %
IODINE	150,00 µg	48,00 µg	32,00 %
IRON	14,00 mg	4,48 mg	32,00 %
MAGNESIUM	375,00 mg	120,00 mg	32,00 %
MANGANESE	2,00 mg	0,64 mg	32,00 %

* RI - Reference intake of an average adult

MOLYBDENUM	50,00 µg	16,00 µg	32,00 %
POTASSIUM	2000,00 mg	640,00 mg	32,00 %
SELENIUM	55,00 µg	17,60 µg	32,00 %
ZINC	10,00 mg	3,20 mg	32,00 %

PROTEINS

ESSENTIAL AMINO ACIDS

	PER 100G	PER 32G	RI*
L-CYSTINE	0,74 g	0,24 g	26,15 %
L-ISOLEUCINE	3,39 g	1,08 g	154,93 %
L-LEUCINE	6,42 g	2,05 g	209,56 %
L-LYSINE	5,89 g	1,89 g	224,43 %
L-METHIONINE	0,71 g	0,23 g	24,85 %
L-PHENYLALANINE	3,76 g	1,20 g	122,67 %
L-THREONINE	2,47 g	0,79 g	161,52 %
L-TRYPTOPHAN	0,62 g	0,20 g	79,38 %
L-VALINE	3,58 g	1,14 g	163,50 %

<i>PROTEINS</i>			
<i>NON-ESSENTIAL AMINO ACIDS</i>	PER 100G	PER 40G	RI*
L-ALANINE	2,95 g	0,94 g	
L-ARGININE	6,13 g	1,96 g	
L-GLYCINE	2,91 g	0,93 g	
L-HISTIDINE	1,74 g	0,56 g	79,44 %
L-ASPARTIC ACID	8,33	2,67 g	
L-GLUTAMIC ACID	12,19	3,90 g	
L-PROLINE	2,93	0,94 g	
L-SERINE	3,68	1,18 g	
L-TYROSINE	2,60	0,83 g	
<i>OTHER</i>	PER 100G	PER 40G	RI*
PURE WHOLE GRAIN OAT	2480,00	793,60	
ORGANIC ACACIA GUM	610,00	195,20	
CHIA SEEDS	610,00	195,20	
FLAX SEEDS	610,00	195,20	

* RI - Reference intake of an average adult

ORGANIC AMARANTH	610,00	195,20
ORGANIC COCONUT FLOWER NECTAR	2 480,00	793,60
ACAI BERRY	610,00	195,20
ORGANIC MAQUI BERRY	610,00	195,20
ORGANIC APPLE	610,00	195,20
CAMU-CAMU BERRY	610,00	195,20
ORGANIC ACEROLA	610,00	195,20
ORGANIC WILD BILLBERRY	610,00	195,20
ORGANIC WILD LINGONBERRY	610,00	195,20
ORGANIC MACA ROOT (**)	3 503,00	1 120,96
ORGANIC REISHI MUSHROOM	3 503,00	1 120,96
ORGANIC GINSENG ROOT	610,00	195,20
MYCELIA	610,00	195,20
ORGANIC SHITAKE MUSHROOM MYCELIA	610,00	195,20
CHLORELLA	3 503,00	1 120,96

ORGANIC PURE SPIRULINA	3 503,00	1 120,96
ORGANIC PURE WHEAT GRASS	3 503,00	1 120,96
ORGANIC PURE BARLEY GRASS	3 503,00	1 120,96
ORGANIC NETTLE	610,00	195,20
ORGANIC PURE CARROT JUICE	610,00	195,20
ORGANIC PURE BEET JUICE	610,00	195,20
ORGANIC TOMATO JUICE	610,00	195,20
ORGANIC SPINACH	610,00	195,20
ORGANIC KALE	610,00	195,20
ORGANIC COLLARD	610,00	195,20
ORGANIC PARSLEY	610,00	195,20
ORGANIC BROCCOLI SPROUT	610,00	195,20
ORGANIC CAULIFLOWER SPROUT	610,00	195,20
ORGANIC KALE SPROUT	610,00	195,20

* RI - Reference intake of an average adult

INGREDIENTS

Plant sourced protein blend (yellow pea, brown rice, lentil, Vicia faba bean, potato), Maca Root, Reishi Mushroom, Chlorella, Spirulina, Wheat Grass, Barley Grass, natural flavor substances, whole Grain Oat, Coconut Flower Nectar, Thickener (E410 Carob flour), Thickener (E415 Xanthan gum), Acacia Gum, Chia Seeds powder, Flax seeds powder, Amaranth, Acai berry, Maqui berry, Apple fiber, Camu-Camu Berry, Acerola, Wild billberry, Wild Blueberry, Wild Lingonberry, Ginseng Root, Mycelia, Shitake Mushroom Mycelia, Nettle, Carrot juice powder, Beet Juice powder, Tomato juice powder, Spinach powder, Kale, Collard, Parsley, Broccoli Sprout, Cauliflower Sprout, Kale Sprout, Sweetener (E960 steviolglycosides), Preservative agent (Sorbic acid E200) Antioxidants (E300 Ascorbic acid), Emulsifier (E322 from sunflower).

ALLERGENS

Manufactured on equipment that processes products containing active ingredients derived from milk, egg, fish, crustacean, nuts, gluten, lupin and sesam.

WARNINGS

Consult a physician before starting any nutrition or exercise program or if you have, or have a family history of, including but not limited to, high blood pressure, heart problems, liver, kidney, thyroid, or psychiatric condition, diabetes, asthma, headaches, nervousness /anxiety, ulcers, or if you are using prescription drugs, or over the counter drug. Do not exceed recommended serving. Discontinue use if you experience an allergy from one of the ingredients. Keep in a dry and cool place. Keep out of reach of children. This product should not replace healthy eating, or make up for unhealthy eating.

REMARKS

The average nutritional values come directly from the analysis report from the basic formulation. Depending on the specific flavor, the nutritional value may deviate slightly. The tolerances are in relation to the nutrition declaration or nutrition labelling as described in Regulation (EU) No 1169/2011 and DIRECTIVE 90/496/EEC and Directive 2002/46/EC

DIRECTIONS OF USE

Add 1 serving to your shaker cup and then pour 50-200 ml of cold water, milk, or your favorite beverage. Cover and shake for 60 seconds. TO SPOON: Add 1 serving to a blender filled with 150-200 ml of cold water, milk, or your favorite yoghurt. Blend for 20-30 seconds. Then add 3-4 ice cubes and blend for an additional 30 seconds.