

NUTRITION FACTS - JAKE LIGHT

1 serving (113g) per package

	per 100g (*)	per serving (*)
Energy (kcal)	442 (22%)	500 (25%)
Fat (g)	19.5	22.1
Saturated	2.6	2.9
Monounsaturated	4.9	5.5
Polyunsaturated	11.2	12.7
Omega 3 fatty acids	1.0	1.1
Omega 6 fatty acids	8.9	10.0
Carbohydrates (g)	27.6	31.2
Of which sugars	4.9	5.6
Fibre (g)	6.2	7.0
Protein (g)	35.4	40.0
Salt (g)	1.8	2.0

	per 100g (**)	per serving (**)
Vitamin A (µg)	235.7 (29%)	266.3 (33%)
Vitamin D (µg)	2.9 (59%)	3.3 (67%)
Vitamin E (mg)	4.8 (40%)	5.4 (45%)
Vitamin K1 (µg)	22.1 (29%)	25.0 (33%)
Vitamin K2 (µg)	22.1 (29%)	25.0 (33%)
Vitamin C (mg)	23.6 (29%)	26.7 (33%)
Thiamin (mg)	0.3 (29%)	0.4 (33%)
Riboflavin (mg)	0.4 (29%)	0.5 (33%)
Niacin (mg)	4.7 (29%)	5.3 (33%)
Vitamin B6 (mg)	0.4 (29%)	0.5 (33%)
Folic acid (µg)	59.0 (29%)	66.7 (33%)
Vitamin B12 (µg)	0.9 (35%)	1.0 (40%)
Biotin (µg)	14.7 (29%)	16.7 (33%)
Pantothenic acid (mg)	1.8 (29%)	2.0 (33%)
Potassium (mg)	590.0 (29%)	666.7 (33%)
Chloride (mg)	318.0 (40%)	359.3 (45%)
Calcium (mg)	236.0 (29%)	266.7 (33%)
Phosphorus (mg)	236.0 (34%)	266.7 (38%)
Magnesium (mg)	110.6 (29%)	125.0 (33%)
Iron (mg)	7.9 (56%)	8.9 (64%)
Zinc (mg)	2.9 (29%)	3.3 (33%)
Copper (mg)	0.3 (29%)	0.3 (33%)
Manganese (mg)	0.6 (29%)	0.7 (33%)
Selenium (µg)	16.2 (29%)	18.3 (33%)
Chromium (µg)	11.8 (29%)	13.3 (33%)
Molybdenum (µg)	14.7 (29%)	16.7 (33%)
Iodine (µg)	44.2 (29%)	50.0 (33%)
Choline (mg)	136.0 ***	154.0 ***
Lycopene (mg)	7.4 ***	8.4 ***

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

** Nutrient Reference Values (NRV)

*** No NRV provided

JAKE

Jake is a nutritional meal that provides you with all the nutrients you need.

Ingredients: pea protein isolate, oat meal (gluten), sunflower oil, sunflower seed oil, maltodextrin, inulin, dextrose, omega-3 concentrate fat powder, tripotassium citrate, calcium citrate, flavour, salt, anticaking agent: silicon dioxide, dipotassium phosphate, magnesium carbonate, lycopene powder, choline hydrogen tartrate, sweetener: sucralose, l-ascorbic acid, menaquinone-7, nicotinamide, dl-alpha-tocopheryl acetate, zinc oxide, calcium-d-pantothenate, manganese gluconate, cupric sulfate, riboflavin, pyridoxine hydrochloride, thiamine mononitrate, retinyl acetate, pteroylmonoglutamic acid, chromium chloride, sodium iodide, sodium molybdate, sodium selenite, d-biotin, phylloquinone, cholecalciferol, cyanocobalamin.

This product is not intended to diagnose, treat, cure or prevent any disease. Children, people taking medication or who have a medical condition or women who are pregnant or nursing, should consult their doctor before consuming Jake.

Limited shelf life once opened. Store in a cool, dry place; protect from sunlight and heat. This product is manufactured in Germany.