

## NUTRITION FACTS - JAKE ORIGINAL

1 serving (160g) per package

	per 100g (*)	per serving (*)
<b>Energy (kcal)</b>	417 (21%)	667 (33%)
<b>Fat (g)</b>	14.0	22.3
Saturated	1.8	2.9
Monounsaturated	2.9	4.6
Polyunsaturated	6.7	10.6
Omega 3 fatty acids	1.0	1.6
Omega 6 fatty acids	4.9	7.8
<b>Carbohydrates (g)</b>	43.8	70.0
Of which sugars	5.0	8.0
<b>Fibre (g)</b>	6.2	9.9
<b>Protein (g)</b>	25.0	40.0
<b>Salt (g)</b>	1.1	1.7

	per 100g (**)	per serving (**)
Vitamin A (µg)	166.7 (21%)	266.7 (33%)
Vitamin D (µg)	2.1 (42%)	3.3 (67%)
Vitamin E (mg)	3.8 (31%)	6.0 (50%)
Vitamin K1 (µg)	15.6 (21%)	25.0 (33%)
Vitamin K2 (µg)	15.6 (21%)	25.0 (33%)
Vitamin C (mg)	16.7 (21%)	26.7 (33%)
Thiamin (mg)	0.2 (21%)	0.4 (33%)
Riboflavin (mg)	0.3 (21%)	0.5 (33%)
Niacin (mg)	3.3 (21%)	5.3 (33%)
Vitamin B6 (mg)	0.3 (21%)	0.5 (33%)
Folic acid (µg)	41.7 (21%)	66.7 (33%)
Vitamin B12 (µg)	0.6 (23%)	0.9 (37%)
Biotin (µg)	10.4 (21%)	16.7 (33%)
Pantothenic acid (mg)	1.3 (21%)	2.0 (33%)
Potassium (mg)	416.7 (21%)	666.7 (33%)
Chloride (mg)	191.9 (24%)	307.0 (38%)
Calcium (mg)	166.7 (21%)	266.7 (33%)
Phosphorus (mg)	145.8 (21%)	233.3 (33%)
Magnesium (mg)	78.1 (21%)	125.0 (33%)
Iron (mg)	4.4 (31%)	7.0 (50%)
Zinc (mg)	2.1 (21%)	3.3 (33%)
Copper (mg)	0.2 (21%)	0.3 (33%)
Manganese (mg)	0.4 (21%)	0.7 (33%)
Selenium (µg)	11.5 (21%)	18.3 (33%)
Chromium (µg)	8.3 (21%)	13.3 (33%)
Molybdenum (µg)	10.4 (21%)	16.7 (33%)
Iodine (µg)	31.3 (21%)	50.0 (33%)
Choline (mg)	96.0 ***	154.0 ***
Lycopene (mg)	5.5 ***	8.8 ***

\* 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:** oat meal (gluten), pea protein isolate, sunflower seed oil, maltodextrin, dextrose, omega-3 concentrate fat powder, inulin, sunflower oil, tripotassium citrate, calcium citrate, flavour, choline hydrogen tartrate, anticaking agent: silicon dioxide, salt, dipotassium phosphate, magnesium carbonate, lycopene powder, 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, pteroyl-monoglutamic 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.