

NUTRITION FACTS - JAKE ORIGINAL

Serving Size (155g)

	Amount	% RI *
Calories	667 kcal	33%
Calories from fat	210 kcal	
Fat	22.3 g	
Saturated	4.7 g	
Monounsaturated	3.9 g	
Polyunsaturated	11.7 g	
Omega 3 fatty acids	1.5 g	
Omega 6 fatty acids	7.5 g	
Carbohydrates	78.3 g	
Sugars	19 g	
Fiber	9.9 g	
Soluble	2.6 g	
Insoluble	7.2 g	
Protein	40.0 g	
Salt	1.7 g	
Vitamin A	266.7 mcg	33%
Vitamin D3	1.7 mcg	33%
Vitamin E	4.0 mg	33%
Vitamin K	25.0 mcg	33%
Vitamin C	26.7 mg	33%
Thiamin	0.4 mg	33%
Riboflavin	0.5 mg	33%
Niacin	5.3 mg	33%
Vitamin B6	0.5 mg	33%
Folic acid	66.7 mcg	33%
Vitamin B12	0.8 mcg	33%
Biotin	16.7 mcg	33%
Pantothenic acid	2.0 mg	33%
Choline	141.7 mg	**
Potassium	666.7 mg	33%
Chloride	266.7 mg	33%
Calcium	266.7 mg	33%
Phosphorus	233.3 mg	33%
Magnesium	125.0 mg	33%
Iron	4.7 mg	33%
Zinc	3.3 mg	33%
Copper	0.3 mg	33%
Manganese	0.7 mg	33%
Selenium	18.3 mcg	33%
Chromium	13.3 mcg	33%
Molybdenum	16.7 mcg	33%
Iodine	50.0 mcg	33%

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

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



Ingredients

Oats, Pea Protein Isolate, Oil Blend® [Concentrated Fat Powder (Soy), Flaxseed, Coconut Oil], Maltodextrin, Dextrose, Vitamin and Mineral Blend [Vitamin A (as Retinyl Acetate), Vitamin C (L-Ascorbic Acid), Vitamin D3 (as Cholecalciferol), Vitamin E (as DL-alpha-tocopheryl Acetate), Vitamin B1 (as Thiamine Mononitrate, EP), Vitamin B2 (as Riboflavin), Vitamine B3 (as Nicotinamide), Vitamin B5 (as D-pantothenate), Vitamin B6 (as Pyridoxine HCl), Folic acid (as Pteroylmonoglutamic Acid), Vitamin B12 (as Methylcobalamine, Cyanocobalamin), Biotin (as D-biotin), Zinc (as Zinc sulfate Monohydrate), Copper (as Cupric Sulfate Anhydrous), Iodine (as Potassium Iodate), Selenium (as Sodium Selenate), Manganese (as Manganese-II-sulfate Monohydrate, USP/NF), Potassium (as Tripotassium citrate Monohydrate), Calcium (as Calcium carbonate, Dicalcium Phosphate), Phosphorus (as Ferric-pyrophosphate, Dicalcium Phosphate), Sodium (as Trisodium citrate, Sodium Chloride), Iron (Ferric-pyrophosphate), Magnesium (as Magnesium Carbonate), Vitamin K (as Vitamin K1), Chromium (as Chromium Picolinate), Molybdenum (as Molybdenum Aspartate)], Aroma, Waxy Corn, Guar Gum, Inulin, Cholin Bitartate, Sucralose.

Contains

Oats, corn/ maize, soy, pea protein. Although not used in the product, Jake may contain traces of gluten, milk, lactose and sulfate.

This product is manufactured in the Netherlands. Store this product in a cool, dry place. Once opened, limited shelf life. Best before end: see package.