

NUTRITION FACTS - JAKE SPORTS

1 serving (170g) per package

	per 100g (*)	per serving (*)
Energy (kcal)	441 (22%)	750 (38%)
Fat (g)	16.3	27.7
Saturated	6.1	10.5
Monounsaturated	3.1	5.3
Polyunsaturated	6.1	10.4
Omega 3 fatty acids	0.8	1.3
Omega 6 fatty acids	4.5	7.6
Carbohydrates (g)	47.5	80.8
Of which sugars	12.2	20.7
Fibre (g)	4.1	7.0
Protein (g)	23.6	40.1
Salt (g)	1.2	2.1
	per 100g (**)	per serving (**)
Vitamin A (µg)	117.6 (15%)	200.0 (25%)
Vitamin D (µg)	1.5 (29%)	2.5 (50%)
Vitamin E (mg)	2.8 (24%)	4.8 (40%)
Vitamin K1 (µg)	11.0 (15%)	18.8 (25%)
Vitamin K2 (µg)	11.0 (15%)	18.8 (25%)
Vitamin C (mg)	11.8 (15%)	20.0 (25%)
Thiamin (mg)	0.2 (15%)	0.3 (25%)
Riboflavin (mg)	0.2 (15%)	0.4 (25%)
Niacin (mg)	2.4 (15%)	4.0 (25%)
Vitamin B6 (mg)	0.2 (15%)	0.4 (25%)
Folic acid (µg)	29.4 (15%)	50.0 (25%)
Vitamin B12 (µg)	0.4 (18%)	0.8 (30%)
Biotin (µg)	7.4 (15%)	12.5 (25%)
Pantothenic acid (mg)	0.9 (15%)	1.5 (25%)
Potassium (mg)	294.1 (15%)	500.0 (25%)
Chloride (mg)	259.0 (32%)	440.3 (55%)
Calcium (mg)	117.6 (15%)	200.0 (25%)
Phosphorus (mg)	161.8 (23%)	275.0 (39%)
Magnesium (mg)	55.1 (15%)	93.8 (25%)
Iron (mg)	5.0 (36%)	8.5 (60%)
Zinc (mg)	1.5 (15%)	2.5 (25%)
Copper (mg)	0.1 (15%)	0.3 (25%)
Manganese (mg)	0.3 (15%)	0.5 (25%)
Selenium (µg)	8.1 (15%)	13.8 (25%)
Chromium (µg)	5.9 (15%)	10.0 (25%)
Molybdenum (µg)	7.4 (15%)	12.5 (25%)
Iodine (µg)	22.1 (15%)	37.5 (25%)
Choline (mg)	68.7 ***	117.0 ***
Lycopene (mg)	3.6 ***	6.1 ***

* 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, maltodextrin, oat meal (gluten), dextrose, sunflower seed oil, refined coconut oil, inulin, omega-3 concentrate fat powder, organic sunflower oil, flavour, calcium citrate, tripotassium citrate, salt, anticaking agent: silicon dioxide, choline hydrogen tartrate, dipotassium phosphate, lycopene powder, sweetener: sucralose, l-ascorbic acid, magnesium carbonate, menaquinone-7, nicotinamide, dl-alpha-tocopheryl acetate, zinc oxide, calcium-d-pantothenate, antioxidant: dl-alpha-tocopherol, cupric sulfate, riboflavin, pyridoxine hydrochloride, thiamine mononitrate, manganese gluconate, retinyl acetate, pteroylmonoglutamic acid, d-biotin, phylloquinone, cholecalci-ferol, 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.