

NUTRITION FACTS - JAKE VITAMINBAR

1 serving (85g) per package

	per 100g (*)	per serving (*)
Energy (kcal)	394 (20%)	335 (16%)
Fat (g)	15	12
Saturated	1.9	1.6
Carbohydrates (g)	39	33
Of which sugars	15	12
Fibre (g)	7.3	6.2
Protein (g)	23	19
Salt (g)	1.0	0.9
	per 100g (**)	per serving (**)
Vitamin A (µg)	240 (30%)	203 (25%)
Vitamin D (µg)	3.0 (60%)	2.5 (50%)
Vitamin E (mg)	5.4 (45%)	4.6 (38%)
Vitamin K (µg)	22 (30%)	19 (25%)
Vitamin C (mg)	24 (30%)	20 (25%)
Thiamin (mg)	0.33 (30%)	0.28 (25%)
Riboflavin (mg)	0.42 (30%)	0.35 (25%)
Niacin (mg)	4.8 (30%)	4.1 (25%)
Vitamin B6 (mg)	0.42 (30%)	0.35 (25%)
Folic acid (µg)	60.1 (30%)	50.8 (25%)
Vitamin B12 (µg)	1.1 (45%)	1.0 (38%)
Biotin (µg)	15 (30%)	13 (25%)
Pantothenic acid (mg)	1.8 (30%)	1.5 (25%)
Potassium (mg)	601 (30%)	508 (25%)
Chloride (mg)	239 (30%)	202 (25%)
Calcium (mg)	241 (30%)	204 (25%)
Phosphorus (mg)	414 (59%)	350 (50%)
Magnesium (mg)	113 (30%)	95.5 (25%)
Iron (mg)	6.6 (47%)	5.6 (40%)
Zinc (mg)	3.0 (30%)	2.5 (25%)
Copper (mg)	0.30 (33%)	0.25 (25%)
Manganese (mg)	0.60 (30%)	0.51 (25%)
Selenium (µg)	17 (30%)	14 (25%)
Chromium (µg)	12 (30%)	10 (25%)
Molybdenum (µg)	15 (30%)	13 (25%)
Iodine (µg)	45.1 (30%)	38.1 (25%)
Choline (mg)	150 ***	128 ***
Lycopene (mg)	7.5 ***	6.4 ***

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

** Nutrient Reference Values (NRV)

*** No NRV provided

JAKE

Ingredients: Oat flakes 18.8% (gluten), glucose syrup, pea protein, rice syrup, sunflower oil, oligofructose, hydrolysed wheat gluten, rice protein, minerals (dipotassium phosphate, magnesium oxide, ferric(III)diphosphate, zinc oxide, copper(II) gluconate, manganese sulphate, chromium(III)chloride, potassium iodide, sodium selenite, sodium molybdate), flavours, banana 1.0%, cinnamon 0.2%, bulking agent (calcium carbonate), acid (citric acid), emulsifier (lecithin), salt, choline bitartrate, vitamins (ascorbic acid, tocopheryl acetate, nicotinamide, calcium-D-pantothenate, riboflavin, thiamin hydrochloride, pyridoxine hydrochloride, retinyl acetate, folic acid, vitamin K, biotin, ergocalciferol, cyanocobalamin), lycopene.

This product is not intended for children under the age of three, or to treat, cure or prevent any disease. People taking medication, women who are pregnant or nursing, should consult their doctor before consuming Jake.

Made in the Netherlands. Store in a cool, dry place; protect from sunlight and heat.