



with  
**luna rich**<sup>®</sup>

# now

nutritious protein, vitamin and mineral drink mix powder  
Getränkemischpulver mit nahrhaften Vitaminen, Eiweiß- und Mineralstoffen

| Nutritional Information                                 | Average values   | per/pro | per/pro          |
|---|--|---------|------------------|
|   | Durchschnittswert                                      | 100 g   | 20.5 g (1 scoop) |
| This container supplies 30 one scoop (20.5 g) servings. | Energy/Brennwert                                       | 1220    | 251              |
|   | kcal   | 288     | 59               |
| Nährwertangaben   | Fat/Fett (g)   | 2.9     | 0.6              |
|   | of which saturates/<br>davon gesättigte Fettsäuren (g) | 0.5     | 0.1              |
| Inhalt reicht für 30 Portionen                          | Carbohydrate/Kohlenhydrate (g)                         | 30.7    | 6.3              |
|   | of which sugar/davon Zucker (g)                        | 22.4    | 4.6              |
| 1 Messlöffel (20.5g) = 1 Portion                        | Fibre/Ballaststoffe (g)                                | 3.9     | 0.8              |
|   | Protein/Eiweiß (g)                                     | 34      | 7.0              |
|   | Salt/Salz (g)  | 0.55    | 0.11             |
|   |  | per/pro | % RI             |
|   |  | 100 g   | per/pro 100 g    |
|   |  | per/pro | % RI             |
|   |  | 20.5 g  | per/pro 20.5 g   |
|   | Vitamin A (µg)   | 3902    | 488              |
|   | Vitamin D (µg)   | 24      | 480              |
|   | Vitamin E (mg)   | 146     | 1217             |
|   | Vitamin K (µg)   | 243     | 324              |
|   | Vitamin C (mg)   | 976     | 1220             |
|   | Vitamin B1 (mg)  | 9.7     | 882              |
|   | Vitamin B2 (mg)  | 19.5    | 1393             |
|   | Niacin (mg)  | 97.6    | 610              |
|   | Vitamin B6 (mg)  | 19.5    | 1393             |
|   | Folic Acid/Folsäure (µg)                               | 1951    | 975              |
|   | Vitamin B12 (µg)                                       | 14.6    | 584              |
|   | Biotin (µg)  | 1463    | 2926             |
|   | Pantothenic Acid/<br>Pantothensäure (mg)               | 88      | 1467             |
|   | Potassium/Kalium (mg)                                  | 1707    | 85               |
|   | Calcium (mg)   | 3414    | 427              |
|   | Phosphorus/<br>Phosphor (mg)                           | 3415    | 488              |
|   | Magnesium (mg)   | 1463    | 390              |
|   | Iron/Eisen (mg)  | 29      | 207              |
|   | Zinc/Zink (mg)   | 24      | 240              |
|   | Copper/Kupfer (mg)                                     | 10.3    | 1030             |
|   | Manganese/Mangan (mg)                                  | 9.7     | 485              |
|   | Selenium/Selen (µg)                                    | 122     | 222              |
|   | Chromium/Chrom (µg)                                    | 122     | 305              |
|   | Molybdenum/<br>Molybdän (µg)                           | 122     | 244              |
|   | Iodine/Jod (µg)  | 732     | 488              |

% RI is percentage of Reference Intake  
% RI ist der prozentuale Referenzwert der Nährstoffzufuhr



glutenfree  
glutenfrei

**ingredients:** Soya protein isolate, fructose, soya powder (18.35%)\*, magnesium phosphate, dicalcium phosphate, calcium carbonate, potassium chloride, flavouring, ascorbic acid, soya lecithin, vitamin E preparation (d-alpha tocopherol acetate, maize starch), flavour enhancer preparation (potato maltodextrin, sugar, flavouring), fructooligosaccharide preparation (oligofructose, fructose, vegetable protein isolate, flavouring), beta carotene preparation (modified maize starch, soybean oil, antioxidants: ascorbyl palmitate, mixed tocopherols; beta carotene), kelp, calcium pantothenate, niacinamide, acacia gum, ferrous fumarate, copper gluconate, vitamin A preparation (modified maize starch, vitamin A palmitate, coconut oil, antioxidants: butylated hydroxytoluene, tocopherols; anti-caking agent: silicon dioxide), manganese sulphate, zinc oxide, pyridoxine hydrochloride, vitamin K preparation (dextrose, acacia gum, coconut oil, vitamin K1), riboflavin, thiamin hydrochloride, vitamin D2 preparation (ergocalciferol, maltodextrin, polysorbate 80, antioxidant: butylated hydroxytoluene), liquorice root powder, capsicum root powder, folic acid, biotin, garlic powder, potassium iodide, sodium molybdate, chromium chloride, sodium selenite, vitamin B12.

**Inhaltsstoffe:** Sojaproteinisolat, Fruktose, Sojapulver (18.35%)\*, Magnesiumphosphat, Dicalciumphosphat, Calciumcarbonat, Kaliumchlorid, Aromastoffe, Ascorbinsäure, Sojalecithin, Vitamin E-Präparat (D-Alpha-Tocopherolacetat, Maisstärke), Geschmacksverstärkerpräparat (Kartoffelmaltodextrin, Zucker, Aromastoffe), Oligofruktose-Präparat (Oligofruktose, Fruktose, pflanzliches Proteinisolat, Aromastoffe), Betakarotin-Präparat (modifizierte Maisstärke, Sojabohnenöl, Antioxidationsmittel: Ascorbylpalmitat, gemischte Tocopherole; Beta-Carotin), Seetangpulver, Calciumpantothenat, Niacinamid, Gummi Arabicum, Eisenfumarat, Kupfergluconat, Vitamin A-Präparat (modifizierte Maisstärke, Vitamin A-Palmitat, Kokosnussöl, Antioxidationsmittel: Butylhydroxytoluol, Tocopherole; Antiklumpmittel: Siliciumdioxid), Mangansulphat, Zinkoxid, Pyridoxinhydrochlorid, Vitamin K-Präparat (Dextrose, Gummi Arabicum, Kokosnussöl, Vitamin K1), Riboflavin, Thiaminhydrochlorid, Vitamin D2-Präparat (Ergocalciferol, Maltodextrin, Polysorbat 80, Antioxidationsmittel: Butylhydroxytoluol), Süßholzwurzelpulver, Capsicumwurzelpulver, Folsäure, Biotin, Knoblauchpulver, Kaliumjodid, Natriummolybdat, Chromchlorid, Natriumselenit, Vitamin B12.

\*\*LunaRich<sup>®</sup> Soy Powder LunaRich<sup>®</sup> Sojapulver