

At Major21® we believe in easy, tasty and healthy. This gives us more time to focus the passions we like. We noticed that we had a common goal: Healthy food. We made this smoothie with passion, and with passion we continue to search for innovative compositions. If you are reading this, we ask you to inspire us! Visit us at www.major21.com and share your passion with us so that we can make others rock as you do. Thank you!

PREPARATION: mix 1 portion (90gr Major21) with 250mL water. Shake for 30 sec and enjoy!

Nutritional facts	Per 100g	Per portion (90gr HACKLENT + 250ml water) Per serving (90gr HACKLENT + 250ml water)
Energy	407kcal / 1,704kj	704kcal / 2,947kj
Carbohydrates	51g	88g
Of which, sugars	6g	10g
Fiber	6g	10g
Protein	26g	45g
Fat	10g	17g
Of which, saturated fat	1.5g	2.5g
Monounsaturated	2.8g	4.8g
Polyunsaturated	5.2g	9g
Omega-3 fatty acids	1g	1.7g
Omega-6 fatty acids	4g	6.9g
Salt	0.3g	0.5g

(EU) Ingredients: Rye, peanuts, skimmed milk powder, apple, apricot, avocado, whey (from lactose), linseed, oatmeal, oat protein, sweet potato (sweet potato), mint, cranberry, oat fiber, strawberries, coconut meat, chard, agar agar, arrowroot, black currant, chervil, natural aroma's.

Vitaminen en Mineralen	Hoeveelheid	ADH*
Calcium	978,0 mg	103%
Phosphorus	1232,1 mg	224%
Iron total	17,3 mg	108%
Sodium	1573,9 mg	105%
Potassium	3927,9 mg	112%
Magnesium	411,1 mg	137%
Zink	8,1 mg	115%
Selenium	16,1 ug	23%
copper	1,4 mg	150%
Iodine	155,6 ug	104%
Beta carotene	14315,9 ug	
Vitamin B1 / Thiamine	1,4 mg	144%
Vitamin B2 / Riboflavin	1,7 mg	106%
Vitamin B6	1,7 mg	111%
Vitamin B12	1,9 ug	69%
Vitamin D total	0,0 ug	0%
Vitamin E total	12,32 mg	112%
Vitamine C	124,8 mg	166%
Vitamin B11 / Folate	339,9 ug	113%
Vitamin B3 / Nicotinic acid	17,91 mg	134%
Retinol activiteit eq. (RAE)	1230,4 ug	181%
Folate equivalents	374,6 ug	125%
Vitamin K total	118,3 ug	131%

** RDI Percentage per serving, reference intake of an average woman (10467kj / 2000 kcal).

Contains traces of gluten, lactose and nuts.

STORAGE ADVICE: Keep dry and cool. Perishable after opening.

This packaging is produced by:
Fractergo BV, Fifth Polder 1, 6708 WC Wageningen.
Find us at www.major21.com.

Inhoud:
e 90gr

BEST BEFORE:

