

Veggie Style

# VEGAN POWER GREEN SHAKE

## PROTEIN + SUPERFOOD - POWER FORMULA



### Nutrition Facts

Serving Size. 5 Scoops (45g)  
Serving Per Container 22

#### Amount Per 45g Serving

**Total Calories 348 kcal 1476kJ**

Fat 1,82g

Calories From Fat 5,46 Kcal

**Total Fat 1,82 g**

Essential Fatty Acids 1,2511g

**Total Cholesterol 0g**

**Protein 32,43g**

Potassium 98,13mg

Sodium 21,06mg

Total Carbohydrate 4,09g

Dietary Fiber 5,09 g

Sugar less. then 0,4 g

Total Carbohydrates 4,48g

Sugars less then 0,4g

Chlorophyll 98mg

Iron 9,293mg

Calcium 105,25mg

Vitamin C 56,51mg

Vitamin E 2,6896 mg

Vitamin K 41,2mcg

Vitamin B1 Thiamin 0,336 mg

Vitamin B2 Riboflavin 0,89mg

Vitamin B3 Nicotinic acid 0,184mg

B 3 Niacin 0,684mg

vitamin B5 Pantothensäure 6,3mcg

Vitamin B6 Pyrodixin 8,55mg

Vitamin B12.1,498 µg (humanactive cobalamin)

Vitamin B9 Folic Acid 2,538mcg

Vitamin A as Retinol 6.370 IU

a-caratone. 0,122mg

BetaCarotene 1,452mg

Biotin 382 µg (mcg)

Pantothenic acid 74,52 µg

Inositol 0,817 µg

Phosphorus 96,75mg

Fluor 67,5mcg

Kalium 26,46mg

Magnesium 37,64mg

Zinc 402mcg µg (mcg)

Selenium 18,15 µg (mcg)

Copper 67,257mcg

Manganese 177,21mcg

Chromium 9,09mcg

### Amino Acid Profile

Amount Per 100g

Alanine 3839 mg

Arginine 5722 mg

Aspartic acid 7593 mg

Cystine 1051 mg

Glutamic Acid 11975 mg

Glycine 2737 mg

Histidine \* 1719 mg

Isoleucine \* 3542 mg

Leucine \* 6184 mg

Lysine \* 4608 mg

Methionine \* 1097 mg

Phenylalanine 3026 mg

Proline 3611 mg

Serine 3662 mg

Threonine \* 3026 mg

Tryptophan \* 1508 mg

Tyrosine \* 2788 mg

Valine \* 2839 mg

Marked with an \* are the essential Amino Acids

POWER GREENS contains besides the antioxidants and many other substances.

Capric

Lauric

Myritic

Palmitic

Palmitoleic

Margaric

Stearic acid

Oleic

Vaccenic

Linoleic

α-Linolenic

γ-Linolenic

Arachidic

Heneicosanoic

Behenic

Tricosanoic

Lignoceric

Mono unsaturated fatty acids

Poly unsaturated fatty acids

Omega-6 fatty acids

Omega-3 fatty acids

Laurinacid