

Nutrition Facts

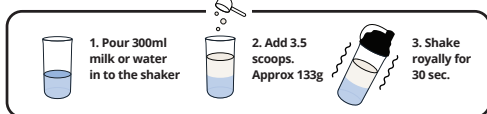
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Voedingswaarde

LENTLY BANANA SMILE 2.0		% Daily Values*		
52% Carb	28% Protein	20% Fat		
Energie / Energy	Per 533g	Per 100g	% DRI *	
	8384 KJ	1573 KJ		
	1993 Kcal	374 Kcal		
Vetten / Fat	37.8 g	7.1 g	54%	
Verzadigd / Saturated	9.1 g	1.7 g		
Enkelvoudig onverzadigd / Monounsaturated	8.5 g	1.6 g		
Meervoudig onverzadigd / Polyunsaturated	8.5 g	1.6 g		
Omega 3			237%	
Omega 6			135%	
Koolhydraten / Carbohydrates	255.8g	48 g	98%	
Waarvan/Of which Suikers/Sugars	78.9 g	14.8 g		
Voedingsvezel / Dietary fiber	43.2 g	8.1 g	154%	
Eiwitten/Protein	139 g	25.8 g	278%	
Zout/Salt	1.5 g	0.3 g	25%	
Cholesterol / Cholesterol	0 mg	0 mg		

	Per 533g	% DRI *		Per 533g	% DRI *
Calcium	930mg	116%	•	Vitamine A	913µg 114%
Chloride	2308mg	289%	•	Vitamine B6	1.5mg 107%
Chromium	35µg	88%	•	Vitamine B12	2.8µg 112%
Copper	1.7mg	172%	•	Vitamine C	90mg 113%
Iodine	150µg	100%	•	Vitamine D	12.5µg 250%
Iron	10mg	73%	•	Vitamine E	15.4mg 128%
Magnesium	658mg	175%	•	Vitamine K	90µg 120%
Manganese	9.1mg	455%	•	Thiamin	1.9mg 139%
Molybdenum	163µg	326%	•	Riboflavin	1.3mg 93%
Phosphorus	2628mg	375%	•	Niacin	16mg 100%
Potassium	2237mg	112%	•	Folate	404µg 202%
Selenium	109µg	198%	•	Pantothenic Acid	7.9mg 132%
Sodium	1500mg	25%	•	Biotin	30µg 75%
Sulfur	2200mg	111%	•	Choline	321mg 80%
Zinc	15mg	147%	•	Fluoride	0mg 0%

*Percent Daily Values are based on 533g. NWA DRI, male 19-50, 2000 calories



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T.h.t. / Best before
Batch number



CONTENT: 533g

Produced for: Lently B.V. The Netherlands | www.getlently.com



EAT COMPLETE

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Ingredients: fine oats, whey protein concentrate (contains milk and sunflower lecithin), rice flour, cane sugar, coconut, freeze dried banana, vegetable oil (canola), hemp seeds, flaxseed flour, lently vitamin and mineral mix: (salt (sodium chloride), msm (methylsulfonylmethane), potassium, vitamin b9, folic acid, calcium citrate, iodine, (potassium iodate), vitamin c (ascorbic acid), vitamin k, chromium picolinate, vitamin b7 (biotin), vitamin d3 (cholecalciferol), vitamin e (d-alpha-tocopherol), vitamin b3 (niacin), iron (iron fumarate), spinach powder, vegetable oil (flaxseed), natural aroma, thickener: xanthan gum. Allergens: **oats (gluten), milk**. May contain traces of egg and soy.



Ingrediënten: volkoren havermeel, wei-eiwit concentraat (bevat melk en zonnebloem lecitine), rijstbloem, rietsuiker, kokos, gevriesdroogde banaan, plantaardige olie (raapzaad), hennepzaad, lijnzaad bloem, lently vitamines & mineralen mix: zout(natriumchloride), msm (methylsulfonylmethaan), kalium, vitamine B9, foliumzuur, calciumcitraat, jodium, (kaliumjodaat), vitamine c (ascorbinezuur), vitamine k, chroompicolinaat, vitamine b7 (biotine), vitamine d3 (cholecalciferol), vitamine e (d-alfa-tocopherol), vitamine b3 (niacine), ijzer (ijzerfumaaraat), spinaziepoeder, plantaardige olie (lijnzaad), natuurlijk aroma, verdikkingsmiddel: xanthaangom. Allergenen: **haver (gluten), melk**. Kan sporen van ei en soja bevatten.



Vegetarian Friendly



29 Vitamins and Minerals



Nutrition Facts

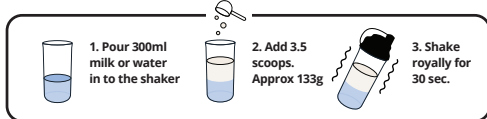
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Voedingswaarde

LENTILY STRAWBERRY DREAMS 2.0		% Daily Values*		
	52% Carb	28% Protein	20% Fat	
Energie / Energy	8357 KJ	1568 KJ		
	1988 Kcal	373 Kcal		
Vetten / Fat	38.4 g	7.2 g		101%
Verzadigd / Saturated	9.1 g	1.7 g		
Enkelvoudig onverzadigd / Monounsaturated	9.1 g	1.7 g		
Meervoudig onverzadigd / Polyunsaturated	8.5 g	1.6 g		
Omega 3				236%
Omega 6				135%
Koolhydraten / Carbohydrates	252.1g	47.3 g		103%
Waarvan/Of which Suikers/Sugars	76.8 g	14.4 g		
Voedingsvezel / Dietary fiber	44.8 g	8.4 g		160%
Eiwitten/Protein	138 g	25.9 g		112%
Zout/Salt	3.7 g	0.7 g		
Cholesterol / Cholesterol	0 mg	0 mg		

	Per 533g	% DRI *		Per 533g	% DRI *
Calcium	930mg	116%	•	Vitamine A	913µg 114%
Chloride	2308mg	289%	•	Vitamine B6	1.5mg 107%
Chromium	35µg	88%	•	Vitamine B12	2.8µg 112%
Copper	1.7mg	172%	•	Vitamine C	90mg 113%
Iodine	150µg	100%	•	Vitamine D	12.5µg 250%
Iron	10mg	73%	•	Vitamine E	15.4mg 128%
Magnesium	658mg	175%	•	Vitamine K	90µg 120%
Manganese	9.1mg	455%	•	Thiamin	1.9mg 139%
Molybdenum	163µg	326%	•	Riboflavin	1.3mg 93%
Phosphorus	2628mg	375%	•	Niacin	16mg 100%
Potassium	2237mg	112%	•	Folate	404µg 202%
Selenium	109µg	198%	•	Pantothenic Acid	7.9mg 132%
Sodium	1500mg	25%	•	Biotin	30µg 75%
Sulfur	2200mg	111%	•	Choline	321mg 80%
Zinc	15mg	147%	•	Fluoride	0mg 0%

*Percent Daily Values are based on 533g. NWA DRI, male 19-50, 2000 calories



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T.h.t. / Best before
Batch number



CONTENT: 533g

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Ingredients: fine oats, whey protein concentrate (contains milk and sunflower lecithin), rice flour, cane sugar, coconut, freeze dried strawberry, vegetable oil (canola), hemp seeds, flaxseed flour, lently vitamin and mineral mix (salt (sodium chloride), msm (methylsulfonylmethane), potassium, vitamin b9, folic acid, calcium citrate, iodine, (potassium iodate), vitamin c (ascorbic acid), vitamin k, chromium picolinate, vitamin b7 (biotin), vitamin d3 (cholecalciferol), vitamin e (d-alpha-tocopherol), vitamin b3 (niacin), iron (iron fumarate), spinach powder, vegetable oil (flaxseed), thickener: xanthan gum. Allergens: **oats (gluten), milk.** May contain traces of egg and soy.



Ingrediënten: volkoren havermeel, wei-eiwit concentraat (bevat melk en zonnebloem lecithine), rijstbloem, rietsuiker, kokos, gevriesdroogde aardbei, plantaardige olie (raapzaad), hennepzaad, lijnzaad bloem, lently vitamine & mineralen mix: zout(natriumchloride), msm (methylsulfonylmethaan), kalium, vitamine B9, foliumzuur, calciumcitraat, jodium, (kaliumjodaat), vitamine c (ascorbinezuur), vitamine k, chroompicolinaat, vitamine b7 (biotine), vitamine d3 (cholecalciferol), vitamine e (d-alfa-tocferol), vitamine b3 (niacine), ijzer(ijzermaraat), spinaziepoeder, plantaardige olie (lijnzaad), verdikkingsmiddel: xanthaangom. Allergenen: **haver (gluten), melk.** Kan sporen van ei en soja bevatten.



Vegetarian Friendly



29 Vitamins and Minerals



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Nutrition Facts

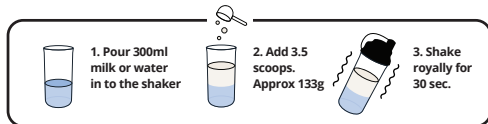
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Voedingswaarde

LENTLY COCO CHOCO 2.0		% Daily Values*		
● 51% Carb	● 29% Protein	● 20% Fat		
Energie / Energy	Per 532g	Per 100g	% DRI *	
	8411 KJ	1581 KJ		
	2000 Kcal	376 Kcal		
Vetten / Fat	43 g	8 g	61%	
Verzadigd / Saturated	10 g	2 g		
Enkelvoudig onverzadigd / Monounsaturated	18 g	3.4 g		
Meervoudig onverzadigd / Polyunsaturated	12 g	2.4 g		
Omega 3			235%	
Omega 6			136%	
Koolhydraten / Carbohydrates	244 g	46 g	94%	
Waarvan/Of which Suikers/Sugars	76.6 g	14.4 g		
Voedingsvezel / Dietary fiber	48 g	9 g	171%	
Eiwitten/Protein	139 g	26 g	278%	
Zout/Salt	1.5 g	0.3 g	25%	
Cholesterol / Cholesterol	0 mg	0 mg		

	Per 532g	% DRI *		Per 532g	% DRI *
Calcium	930mg	116%	• Vitamine A	913µg	114%
Chloride	2308mg	289%	• Vitamine B6	1.5mg	107%
Chromium	35µg	88%	• Vitamine B12	2.8µg	112%
Copper	1.7mg	172%	• Vitamine C	90mg	113%
Iodine	150µg	100%	• Vitamine D	12.5µg	250%
Iron	10mg	73%	• Vitamine E	15.4mg	128%
Magnesium	658mg	175%	• Vitamine K	90µg	120%
Manganese	9.1mg	455%	• Thiamin	1.9mg	139%
Molybdenum	163µg	326%	• Riboflavin	1.3mg	93%
Phosphorus	2628mg	375%	• Niacin	16mg	100%
Potassium	2237mg	112%	• Folate	404µg	202%
Selenium	109µg	198%	• Pantothenic Acid	7.9mg	132%
Sodium	1500mg	100%	• Biotin	30µg	75%
Sulfur	2200mg	111%	• Choline	321mg	80%
Zinc	15mg	147%	• Fluoride	0mg	0%

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29 Vitamins and Minerals



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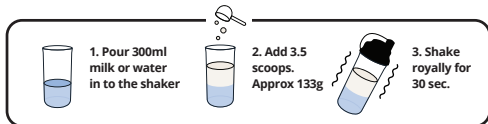
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Voedingswaarde

LENTLY WAKEUP CAPPUCCINO 2.0				% Daily Values*		
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Omega 3				237%		
Omega 6				135%		
Koolhydraten / Carbohydrates		251 g	47.1 g	103%		
Waarvan/Of which Suikers/Sugars		69.8 g	13.1 g			
Voedingsvezel / Dietary fiber		44.2 g	8.3 g	158%		
Eiwitten/Protein		141.2g	26.5 g	115%		
Zout/Salt		3.7 g	0.7 g			
Cholesterol / Cholesterol		0 mg	0 mg			

	Per 533g	% DRI *		Per 533g	% DRI *
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Vegetarian Friendly



29g Minerals and Vitamins

