

## NUTRITION FACTS

1 serving (85g) per package

	per 100g	per serving (*)
<b>Energy (kJ)</b>	1652	1404
<b>(kcal)</b>	394	335
<b>Fat (g)</b>	15	12
Of which saturated	1.9	1.6
<b>Carbohydrates (g)</b>	39	33
Of which sugars	15	12
<b>Fibre (g)</b>	7.3	6.2
<b>Protein (g)</b>	23	19
<b>Salt (g)</b>	1.0	0.9

	per 100g	per serving (*)
Vitamin A (µg)	240 (30%)	204 (25%)
Vitamin D (µg)	3.0 (60%)	2.6 (51%)
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)	0.43 (30%)	0.36 (25%)
Niacin (mg)	4.8 (30%)	4.1 (25%)
Vitamin B6 (mg)	0.42 (30%)	0.36 (26%)
Folic acid (µg)	60.1 (30%)	51.1 (25%)
Vitamin B12 (µg)	1.1 (45%)	1.0 (38%)
Biotin (µg)	15 (30%)	13 (25%)
Pantothenic acid (mg)	1.8 (30%)	1.6 (26%)
Potassium (mg)	601 (30%)	511 (25%)
Chloride (mg)	239 (30%)	203 (25%)
Calcium (mg)	241 (30%)	205 (25%)
Phosphorus (mg)	414 (59%)	352 (50%)
Magnesium (mg)	114 (30%)	96.5 (25%)
Iron (mg)	6.6 (47%)	5.6 (40%)
Zinc (mg)	3.0 (31%)	2.6 (26%)
Copper (mg)	0.33 (33%)	0.28 (28%)
Manganese (mg)	0.60 (30%)	0.51 (26%)
Selenium (µg)	17 (30%)	14 (25%)
Chromium (µg)	12 (30%)	10 (26%)
Molybdenum (µg)	15 (30%)	13 (26%)
Iodine (µg)	45.1 (30%)	38.3 (25%)

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

## Ingredients

**Oat flakes 18.8% (gluten)**, glucose syrup, pea protein, rice syrup, sunflower oil, oligofructose, **hydrolysed wheat gluten**, rice protein, minerals (dipotassium phosphate, calcium carbonate, 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%, 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.

## Manufacturing

This product is manufactured in the Netherlands for Jake Nutritionals. Please store this product in a cool, dry place and protect from sunlight and heat. Limited shelf life once opened.

*This product is not intended to diagnose, treat, cure or prevent any disease. Children, people taking medication or who have a medical condition or women who are pregnant or nursing, should consult their doctor before consuming Jake.*

**Corp. Headquarters**  
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 1018 VN Amsterdam  
 The Netherlands

**Returns & Deliveries**  
 Jake Nutritionals  
 Protonstraat 9B  
 9743 AL Groningen  
 The Netherlands



## NUTRITION FACTS

1 serving (85g) per package

	per 100g	per serving (*)
<b>Energy (kJ)</b>	1642	1396
<b>(kcal)</b>	391	332
<b>Fat (g)</b>	14	12
Of which saturated	1.8	1.6
<b>Carbohydrates (g)</b>	40	34
Of which sugars	17	14
<b>Fibre (g)</b>	7.1	6.0
<b>Protein (g)</b>	22	19
<b>Salt (g)</b>	1.0	0.9

	per 100g	per serving (*)
Vitamin A (µg)	241 (30%)	204 (25%)
Vitamin D (µg)	3.0 (60%)	2.6 (51%)
Vitamin E (mg)	5.4 (45%)	4.6 (38%)
Vitamin K (µg)	22 (30%)	19 (25%)
Vitamin C (mg)	24 (30%)	21 (25%)
Thiamin (mg)	0.33 (30%)	0.28 (25%)
Riboflavin (mg)	0.43 (30%)	0.36 (25%)
Niacin (mg)	4.8 (30%)	4.1 (25%)
Vitamin B6 (mg)	0.42 (30%)	0.36 (26%)
Folic acid (µg)	60.3 (30%)	51.2 (25%)
Vitamin B12 (µg)	1.1 (45%)	1.0 (38%)
Biotin (µg)	15 (30%)	13 (25%)
Pantothenic acid (mg)	1.8 (30%)	1.6 (26%)
Potassium (mg)	618 (31%)	525 (26%)
Chloride (mg)	242 (30%)	206 (26%)
Calcium (mg)	240 (30%)	204 (25%)
Phosphorus (mg)	419 (60%)	356 (51%)
Magnesium (mg)	115 (30%)	97.4 (26%)
Iron (mg)	6.6 (47%)	5.6 (40%)
Zinc (mg)	3.1 (31%)	2.6 (26%)
Copper (mg)	0.34 (34%)	0.29 (29%)
Manganese (mg)	0.60 (30%)	0.51 (26%)
Selenium (µg)	17 (30%)	14 (25%)
Chromium (µg)	12 (30%)	10 (26%)
Molybdenum (µg)	15 (30%)	13 (26%)
Iodine (µg)	45.2 (30%)	38.4 (25%)

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

## Ingredients

**Oat flakes (gluten)**, glucose syrup, pea protein, rice syrup, sunflower oil, **hydrolysed wheat gluten**, oligofructose, rice protein, cranberries sweetened 3.0% (cranberries, sugar, sunflower oil), black currant sweetened 2.0% (black currant, apple juice concentrate, sunflower oil), minerals (dipotassium phosphate, calcium carbonate, magnesium oxide, ferric(III)diphosphate, zinc oxide, copper(II)gluconate, manganese sulphate, chromium(III)chloride, potassium iodide, sodium selenite, sodium molybdate), emulsifier: lecithin, colour: beetroot concentrate, flavours, acid: citric acid, 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.

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