

# Nutrition Facts

10 servings per container

Serving size **2 scoops (90g)**

Amount per serving

**Calories**

**400**

% Daily Value\*

**Total Fat** 17g **22%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Polyunsaturated Fat 9g

Monounsaturated Fat 4.0g

**Cholesterol** 0mg **0%**

**Sodium** 400mg **17%**

**Total Carbohydrate** 28g **10%**

Dietary Fiber 11g **39%**

Total Sugars 3g

Includes 3g Added Sugars **6%**

**Protein** 40g **72%**

Vitamin D 4.0mcg 20% • Calcium 390mg 30% • Iron 8.4mg 45% • Potassium 1320mg 30% • Vitamin A 180mcg 20% • Vitamin C 66mg 73% • Vitamin E 4.3mg 29% • Vitamin K 39mcg 33% • Thiamine 0.2mg 17% • Riboflavin 0.3mg 23% • Niacin 3.4mg 21% • Vitamin B6 0.3mg 18% • Folate 81mcg (DFE) 20% • Vitamin B12 0.8mcg 33% • Biotin 12mcg 40% • Pantothenic Acid 1.3mg 26% • Phosphorus 520mg 42% • Iodine 30mcg 20% • Magnesium 156mg 37% • Zinc 5.9mg 54% • Selenium 57mcg 104% • Copper 1.0mg 111% • Manganese 2.1mg 91% • Chromium 40mcg 114% • Molybdenum 46mcg 102% • Chloride 700mg 30% • Choline 118mg 21%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients:** Pea Protein, Ground Flaxseed, Brown Rice Protein, Cocoa Powder, Tapioca Starch, Sunflower Oil Powder, Natural Flavors, Coconut Milk Powder, Organic Coconut Sugar, Micronutrient Blend\*, Xanthan Gum, Sea Salt, Stevia Leaf Extract, Green Tea Extract, Bacillus Coagulans MTCC 5856.

\***Micronutrient Blend:** Potassium Citrate, Potassium Chloride, Calcium Carbonate, Sodium Chloride, Ascorbic Acid, Lutein, Menaquinone-7, D-alpha Tocopherol Acetate, Niacinamide, Retinyl Acetate, Calcium D-Pantothenate, Ergocalciferol, Cholecalciferol, Potassium Iodide, Pyridoxine Hydrochloride, Riboflavin, Thiamine Mononitrate, Cyanocobalamin, L-Methylfolate Calcium.

**Distributed by:** Huel Inc., 45 Main Street, Suite 604, Brooklyn, NY, 11201, USA. Made in USA.

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# Black Edition Chocolate Flavor

**Nutritionally complete powdered food  
with natural flavors and natural  
sweetener**

## Making the perfect Huel:

1. Add 2 cups (16 fl oz) **cold water and ice** to shaker
2. Add 2 level scoops of Huel (90g / 400 cal)
3. Shake hard for 20 seconds or until smooth - or **blend** if you prefer an even smoother texture



## How many scoops do I need?



One scoop =  
45g = 200cal



Two scoops =  
90g = 400cal

## Top tips:

- For best results, always include **ice** and **shake for 20 seconds**
- **Blending** can elevate your Huel for an ultra-smooth shake
- Too thick? Add more water
- Too thin? Use less water next time
- Using the ice barrier will help make your Huel smoother
- Chilling overnight can improve taste and texture, making it thicker and smoother
- Try a plant-based drink for a creamier result

**Additional Facts:** (per 90g serving): Omega-3 Fatty Acids 5.0g, Omega-6 Fatty Acids 4.0g, Medium-Chain Triglycerides (from Coconut) 1.1g, Lutein 1.7mg, Zeaxanthin 0.1mg, Bacillus Coagulans MTCC 5856 198 million CFU, Green Tea Extract 125mg

**Storage:** Store in a cool, dry place. Once mixed with water either consume immediately or refrigerate for up to 24 hours and consume within 1 hour. Re-shake before consumption.

**The Expiry and Lot are printed are printed on the back of this pouch.**



# Huel®

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