

Nutrition Facts

10 servings per container

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

Amount per serving

Calories **400**

	% Daily Value*
Total Fat 16g	21%
Saturated Fat 3.0g	15%
<i>Trans Fat</i> 0g	
Polyunsaturated Fat 10g	
Monounsaturated Fat 3.0g	
Cholesterol 0mg	0%
Sodium 340mg	15%
Total Carbohydrate 28g	10%
Dietary Fiber 9g	32%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 40g	77%

Vitamin D 4.0mcg 20% • Calcium 400mg 30% • Iron 5.8mg 30% • Potassium 980mg 20% • Vitamin A 200mcg 22% • Vitamin C 86mg 96% • Vitamin E 4.6mg 31% • Vitamin K 35mcg 29% • Thiamine 0.2mg 17% • Riboflavin 0.3mg 23% • Niacin 3.3mg 21% • Vitamin B6 0.3mg 18% • Folate 80mcg (DFE) 20% • Vitamin B12 0.8mcg 33% • Biotin 12mcg 40% • Pantothenic Acid 1.2mg 24% • Phosphorus 496mg 40% • Iodine 30mcg 20% • Magnesium 122mg 29% • Zinc 5.6mg 51% • Selenium 60mcg 109% • Copper 0.7mg 78% • Manganese 1.9mg 83% • Chromium 20mcg 57% • Molybdenum 46mcg 102% • Chloride 603mg 26% • 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, Tapioca Starch, Sunflower Oil Powder, Natural Flavors, Coconut Milk Powder, Micronutrient Blend*, Xanthan Gum, 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, Calcium L-Methylfolate.

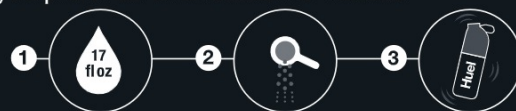
Distributed by: Huel Inc., 45 Main Street, Suite 604, Brooklyn, NY, 11201, USA. Made in USA.

Black Edition Vanilla 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 6.0g, 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 128mg

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®

USBLVANLAB12-10-001

