

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 3.5g	
Cholesterol 0mg	0%
Sodium 340mg	15%
Total Carbohydrate 28g	10%
Dietary Fiber 9g	32%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 40g	78%

Vitamin D 4.0mcg 20% · Calcium 400mg 30% · Iron 5.8mg 30% · Potassium 990mg 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 Banana 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 5.5g, 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®

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