

# Nutrition Facts

10 servings per container  
Serving size 2 scoops (90g)

Amount per serving  
**Calories** 390

|                               | % Daily Value* |
|-------------------------------|----------------|
| <b>Total Fat</b> 15g          | <b>19%</b>     |
| Saturated Fat 4.0g            | <b>20%</b>     |
| Trans Fat 0g                  |                |
| Polyunsaturated Fat 7g        |                |
| Monounsaturated Fat 3.0g      |                |
| <b>Cholesterol</b> 0mg        | <b>0%</b>      |
| <b>Sodium</b> 350mg           | <b>15%</b>     |
| <b>Total Carbohydrate</b> 28g | <b>10%</b>     |
| Dietary Fiber 9g              | <b>32%</b>     |
| Total Sugars 1g               |                |
| Includes 0g Added Sugars      | <b>0%</b>      |
| <b>Protein</b> 40g            | <b>79%</b>     |

Vitamin D 4.0mcg 20% • Calcium 400mg 30% • Iron 7.4mg 40% • Potassium 1160mg 25% • Vitamin A 200mcg 22% • Vitamin C 85mg 94% • Vitamin E 4.4mg 29% • Vitamin K 35mcg 29% • 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 1.2mg 24% • Phosphorus 500mg 40% • Iodine 30mcg 20% • Magnesium 138mg 33% • Zinc 5.6mg 51% • Selenium 60mcg 109% • Copper 0.8mg 89% • Manganese 2.0mg 87% • Chromium 34mcg 97% • Molybdenum 46mcg 102% • Chloride 760mg 33% • 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, Coconut Milk Powder, Natural Flavors, Sunflower Oil Powder, Micronutrient Blend\*, Xanthan Gum, Beetroot and Carrot Concentrate (Color), Steviol Glycosides, 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 Strawberry Banana Flavor

Nutritionally complete powdered food  
with natural flavors and natural  
sweetener

### Making the perfect Huel:

1. Add 500ml (17 fl oz) **cold water and ice** to your 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 4.5g, Omega-6 Fatty Acids 3.0g, Medium-Chain Triglycerides (from Coconut) 1.7g, 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. Not intended for children under 6.

**The Best if Used By and Lot are printed on the back of this pouch.**



Learn more at  
[bcorp.com](https://www.bcorp.com)

# Huel®

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