

Nutrition Facts

	Per 100 g	Per bar (65g)	%RI* (65g)
Energy (Kcal)	386	250	13%
Energy (kJ)	1619	1047	13%
Fat (g)	13	8.4	12%
of which saturates (g)	6.4	4.2	21%
Carbohydrate (g)	41	27	10%
of which sugars (g)	18	12	13%
Dietary Fiber (g)	13	8.4	
Protein (g)	19	13.0	26%
Salt (g)	0.26	0.17	3%

Vitamins	Per 100 g	Per bar (65g)	%NRV*
Vitamin A (µg)	186	120	15%
Vitamin D (µg)	1.16	0.75	15%
Vitamin E (µg)	3.16	2.04	17%
Vitamin K (µg)	17.44	11.25	15%
Vitamin C (µg)	19	12	15%
Vitamin B1 / Thiamin (mg)	0.38	0.24	22%
Vitamin B2 / Riboflavin (mg)	0.35	0.22	16%
Vitamin B3 / Niacin (mg)	3.97	2.56	16%
Vitamin B6 (mg)	0.39	0.25	18%
Vitamin B9 / Folic Acid (µg)	53	34	17%
Vitamin B12 (µg)	0.58	0.38	15%
Biotin (µg)	11.6	7.5	15%
Pantothenic Acid (mg)	1.49	0.96	16%

Minerals	Per 100 g	Per bar (65g)	%RI*
Potassium (mg)	481	310	16%
Chloride (mg)	272	175	15%
Calcium (mg)	186	120	22%
Phosphorus (mg)	324	209	30%
Magnesium (mg)	173	111	30%
Iron (mg)	5.66	3.65	26%
Zinc (mg)	3.63	2.34	23%
Copper (mg)	0.48	0.31	31%
Manganese (mg)	1.37	0.88	44%
Selenium (µg)	14.65	9.45	17%
Chromium (µg)	9.3	6	15%
Molybdenum (µg)	11.66	7.52	15%
Iodine (µg)	34.9	22.56	15%

*EU Nutrient reference values (NRV)

What is Complete Food?

SATURO is the optimal combination of protein, carbohydrates, lipids, fiber, vitamins, and minerals for you. It contains all the nutrients your body needs to maintain a healthy and nutritious diet, ensuring that you no longer experience nutritional deficiencies, whilst limiting the less desirable dietary components.

Ingredients

Rice Syrup, Rice Protein (12%), Oats Gluten Free, Pea Protein Crisps (9%) (Pea Protein, Rice Flour), Chicory Fibre, Toasted Coconut, Milled Flaxseed, Cocoa Powder (6%), Cocoa Nibs (3%) Almond Oil, Micronutrient Blend (Tri-Potassium Citrate, Di-Calcium Phosphate, Potassium Chloride, Magnesium Oxide, Vitamin C (Ascorbic Acid), Ferrous Fumarate, Niacin (Nicotinic Acid), Zinc Oxide, Vitamin E (DL-Alpha Tocopherol), Manganese Sulphate, Pantothenic Acid (Calcium D-Pantothenate), Copper Citrate, Vitamin B1 (Thiamine HCl), Vitamin B6 (Pyridoxine HCl), Riboflavin, Vitamin A (Retinol Acetate), Folic Acid, Potassium Iodide, Vitamin K1, Sodium Selenite, Sodium Molybdate, Biotin, Chromium Picolinate, Vitamin D from Mushrooms (Ergocalciferol), Vitamin B12 (Cyanocobalamin), Flavouring.

*Isomaltulose is a source of glucose and fructose. Consumption of a drinks containing isomaltulose instead of others sugars induces a lower blood glucose rise after their consumption compared to sugar-containing drinks.

Allergens: See bold.

Manufacturing

This product is manufactured in Germany for Saturo Foods GmbH. Product's total shelf life is 11 months. Limited shelf life once opened. Recommended storing temperature is 5-25°C.

This product is not intended to diagnose, treat cure or prevent any disease.

Company Headquarters

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