



## Ingredients and Allergy Information

Date of last review:	30/06/2023	Version No.:	001
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John Lewis Stock Number	46579601
Name	MPowder Peri-Boost
Ingredients	Pea Protein Isolate, Organic Cacao Powder, Organic Lucuma Fruit Powder, Calcium Citrate, Natural Strawberry Flavouring, Papaya Fruit Juice Powder, Fig Fruit Powder, Golden Flaxseed Powder, Organic Moringa Leaf Powder, British Strawberry Fruit Juice Powder, Magnesium Malate, Apple Fruit Juice Powder, Ceylon Cinnamon Bark Powder, Bamboo Leaf Extract, Ginger Root Powder, DracoBelleTM Nu (Moldavian Dragonhead) Extract, Vitamin C (Ascorbic Acid), <b>Soya</b> Bean Isoflavones, Iron Citrate, Ceylon Cinnamon Bark Extract 30:1, Zinc Picolinate, Vitamin E (DL-Alpha-Tocopheryl Acetate), Vitamin B6 (Pyridoxal 5-Phosphate), Vitamin A (Retinol), Folate (L-5-Methyl Tetrahydrofolate), Iodine (Potassium Iodide), Vitamin K2 (Menaquinone-7), Selenium (L-Selenomethionine), Vitamin D (Cholecalciferol From Algae), Vitamin B12 (Methylcobalamin). All allergens in bold .
For allergens, see ingredients in <b>bold</b>	
May contain statements	n/a
Net Quantity	900g
Country of Origin	UK
Storage Instructions	Reseal after each use and store in a cool dry place away from heat and light. Use within 6 months of opening
Manufacturer's name and address	NutraDirect: Unit D Medway Valley Park, Norman Close, Rochester, Kent, ME2 2JU, United Kingdom Nutraceuticals: The Old Smithy, 7 High Street, Merstham, Surrey, RH1 3BA, UK
Instructions for use	Blend up to 3 level tablespoons (30g) with your choice of ingredients. We recommend blitzing it with plant-based milk or fresh juice. Or blend into a breakfast smoothie bowl with berries, nuts and seeds.

<b>Nutrition Labelling: Typical value</b>	Per 100g
Energy (kJ/kcal)	1417kJ/338kCal
Fat	6.4g
Of which saturated	2.3g
Carbohydrate	39g
Of which sugars	6.7g
Fibre	17g
Protein	23g
Salt	1.4g
Alcoholic Strength	N/A
Suitable for vegetarians	YES
Suitable for vegans	YES
Suitable for nut allergy sufferers	YES
Suitable for gluten allergy sufferers	YES
Suitable to wheat allergy sufferers	YES
Suitable for egg allergy sufferers	YES
Suitable for dairy allergy sufferers	YES
Suitable for soya allergy sufferers	NO
Free from alcohol	YES
Free from artificial flavours	YES
Free from artificial colours	YES