

bloom™

Nutritiously easy powdered food, all your needed nutrients in one shake.

Ingredients: Oats (gluten), pea protein isolate, brown rice protein, sunflower oil, MCT oil (coconut oil, palm oil), algae omega 3 powder (EPA, DHA blend), minerals (potassium citrate, magnesium carbonate, calcium carbonate, iron (II) sulfate, zinc sulfate, potassium iodide, sodium hydrogen selenite, copper (II) gluconate, manganese sulfate), thickener (guar gum, xanthan gum), vitamins (vitamin E (dl-alpha-tocopheryl acetate), vitamin C (L-ascorbic acid), niacin (nicotinamide), vitamin A (retinyl acetate), biotin (d-biotin), pantothenic acid (calcium-d pantothenate), folic acid (pteroylmonoglutamic acid), vitamin B12 (cyanocobalamin), vitamin B2 (riboflavin), vitamin B6 (pyridoxine hydrochloride), vitamin D2 (ergocalciferol), vitamin B1 (thiamine mononitrate), vitamin K1 (phytomenadione))

How to prepare: add 500ml with 125 gram of powder in a shaker and shake for 10 seconds

Allergy information: contains gluten. May contain traces of nuts and peanuts.

Storage information: store it in a cool dry place, away from direct sunlight, for up to a year.

www.bloomfoods.eu

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vegan



high fiber



Unsweetened & unflavoured

nutritional facts

	PER 100 GRAM	%DRI*
Energy	1,666 kJ 398 kcal	20%
Protein	25,9 g	52%
Carbohydrates	39,6 g	14,5%
Of which, sugars	0,6 g	
Fat	13,4 g	20%
Of which, saturated fats	1,2 g	
Gamma-linolenic acid (omega 6)	0,322g	
DHA (omega 3)	0,05 g	
Fibers	8,1 g	26%
Salt	0,16 g	2%

vitamins & minerals

	PER 100 GRAM	%DRI*
Vitamine A	161,3 µg	20,2%
Vitamine B6	0,3 mg	20,2%
Vitamine B12	0,5 µg	20,2%
Vitamine C	16,1 mg	20,2%
Vitamine D	1 µg	20,2%
Vitamine E	2,4 mg	20,2%
Thiamine	0,2 mg	20,2%
Riboflavin	0,3 mg	20,2%
Niacine	3,2 mg	20,2%
Folic Acid	40,4 µg	20,2%
Pantothenic acid	1,2 mg	20,2%
Biotine	10,1 µg	20,2%
Calcium	161 mg	20,2%
Copper	0,2 mg	20,2%
Lodine	30,3 µg	20,2%
Iron	2,8 mg	20,2%
Magnesium	75,8 mg	20,2%
Managnese	0,4 mg	20,2%
Phosphorus	141,4 mg	20,2%
Potassium	403,6 mg	20,2%
Selenium	11,1 µg	20,2%
Zinc	2 mg	20,2%

*% of the daily recommended intake for vitamins and minerals, according to the European Food Safety Authority

Formulated and manufactured in the Netherlands for Bloom™, Rotterdam, 3013AK

1750 gr

Best before: July 2018



bloom™

Complete powdered food, all your needed nutrients in one shake.

Ingredients: OATMEAL, Pea Protein, Flaxseed Powder, MCT Powder (from Coconut), Sunflower Oil Powder, Mineral Blend*¹, Flavouring (Hazelnut Flavour, Chocolate Flavour), Brown Rice Protein, Cocoa Powder, Sweetener (Sucralose), Vitamin Blend*².

Hazelnut Chocolate

*¹ Potassium Tri Citrate, Calcium Di Phosphate, Magnesium Carbonate, Iron, Iodine, Zinc, Selenium, Copper, Manganese, Phosphorus. *² Vitamin A, Vitamin D3, Vitamin E, Vitamin C, Vitamin B1, Vitamin B2, Panthothenic Acid (Vitamin B5), Niacin (Vitamin B3), Vitamin B6, Folic Acid (Vitamin B11), Vitamin B12, Biotin (Vitamin B8).

nutritional facts

	PER 100 GRAM	%DRI*
Energy	1.463,0 kJ 411,0 kcals	18%
Protein	24,4 g	49%
Carbohydrates	46,5 g	19%
Of which, sugars	0,53 g	
Fat	14,9 g	21%
Of which, saturated fats	5,5g	
Monounsaturated	5,7 g	
Polyunsaturated	2,0 g	
Fibers	11,0 g	36%
Salt	0,46 g	16%

How to prepare: add 500 ml of water with 100 grams (2,5 scoops) of powder in a shaker and shake for 10 seconds.

Allergy information: For allergens, including cereals containing gluten, see ingredients in **BOLD**.

Storage information: store it in a cool dry place, away from direct sunlight, for up to twelve months.



Dairy Free



High Fiber



GMO-Free



Vegan

vitamins & minerals

	PER 100 GRAM	%DRI*
Vitamin A	199,3 µg	24,9%
Vitamin B6	0,5 mg	33,3%
Vitamin B12	0,5 µg	18,8%
Vitamin C	14,6 mg	18,2%
Vitamin D	1,4 µg	28,5%
Vitamin E	3,0 mg	24,8%
Thiamin	0,3 mg	31,1%
Riboflavin	0,5 mg	35,5%
Niacin	5,1 mg	32,0%
Folic Acid	103,5 µg	51,8%
Pantothenic acid	1,0 mg	16,8%
Biotine	5,2 µg	10,5%
Calcium	212,8 mg	26,6%
Copper	0,7 mg	66,3%
Iodine	55,9 µg	37,3%
Iron	10,2 mg	72,7%
Magnesium	246,7 mg	65,8%
Managnese	0,4 mg	21,5%
Phosphorus	530,0 mg	75,7%
Potassium	261,6 mg	13,1%
Selenium	24,0 µg	43,6%
Zinc	4,3 mg	43,3%

*% of the daily recommended intake for vitamins and minerals, according to the European Food Safety Authority

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1750 gr.

Best before: Nov 2018

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Complete powdered food, all your needed nutrients in one shake.

Ingredients: OATMEAL, Pea Protein, Flaxseed Powder, MCT Powder (from Coconut), Sunflower Oil Powder, Mineral Blend^{*1}, Flavouring (Vanilla Flavour), Brown Rice Protein, Vitamin Blend^{*2}, Sweetener (Sucralose).

Vanilla

^{*1} Potassium Tri Citrate, Calcium Di Phosphate, Magnesium Carbonate, Iron, Iodine, Zinc, Selenium, Copper, Manganese, Phosphorus. ^{*2} Vitamin A, Vitamin D3, Vitamin E, Vitamin C, Vitamin B1, Vitamin B2, Panthothenic Acid (Vitamin B5), Niacin (Vitamin B3), Vitamin B6, Folic Acid (Vitamin B11), Vitamin B12, Biotin (Vitamin B8).

nutritional facts

	PER 100 GRAM	%DRI*
Energy	1.466,6 kJ 412,0 kcal	18%
Protein	24,0 g	49%
Carbohydrates	47,1 g	19%
Of which, sugars	3,0 g	
Fat	14,7 g	21%
Of which, saturated fats	5,4 g	
Monounsaturated	5,6 g	
Polyunsaturated	2,0 g	
Fibers	10,5 g	35%
Salt	0,46 g	16%

How to prepare: add 500 ml of water with 100 grams (2,5 scoops) of powder in a shaker and shake for 10 seconds.

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Vitamin B12	0,5 µg	18,8%
Vitamin C	14,6 mg	18,2%
Vitamin D	1,4 µg	28,5%
Vitamin E	3,0 mg	24,8%
Thiamin	0,3 mg	31,1%
Riboflavin	0,5 mg	35,5%
Niacin	5,1 mg	32,0%
Folic Acid	103,5 µg	51,8%
Pantothenic acid	1,0 mg	16,8%
Biotine	5,2 µg	10,5%
Calcium	212,7 mg	26,6%
Copper	0,7 mg	66,3%
Lodine	55,9 µg	37,3%
Iron	10,1 mg	72,4%
Magnesium	245,1 mg	65,4%
Manganese	0,4 mg	21,5%
Phosphorus	525,8 mg	75,1%
Potassium	257,4 mg	12,9%
Selenium	24,0 µg	43,6%
Zinc	4,3 mg	43,3%

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