

bloom™

Complete powdered (**freeze dried powder**) food, all your needed nutrients in one shake.

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

Hazelnut Chocolate Flavour

contains sweetener

*1 Potassium citrate, Magnesium Carbonate, Calcium Carbonate, Iron (II) Sulfate, Zinc Sulfate, Potassium Iodide, Sodium Hydrogen Selenite, Copper (II) Gluconate, Manganese Sulfate *2 Vitamin E (DL-Alpha-tocopheryl Acetate), Vitamin C (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)

nutritional facts

	PER 100 GRAM	%DRI*
Energy	1.463,0 kJ 411,0 kcal	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 125 grams of powder in a shaker and shake for 10 seconds.

Allergy information: For allergens, including cereals containing gluten, see ingredients in **BOLD**. May also contain traces of nuts & peanuts.

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



Dairy Free



Source of
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%
Thiamine	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%
Manganese	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

Formulated and manufactured in the
Netherlands for Bloom Foods, Westblaak 180,
3012 KN, Rotterdam,

125 gr.

Best before: Nov 2018

bloom™

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Ingredients: OATMEAL (gluten), Pea Protein, Flaxseed Powder, MCT Powder (from Coconut), Sun-flower Oil Powder, Mineral Blend*¹, Flavouring (Vanilla Flavour), Brown Rice Protein, Vitamin Blend*², Sweetener (Sucralose). Thickening agent: Guargum & Thickening agent: Xanthangum

Vanilla Flavour

contains sweetener

*¹ Potassium citrate, Magnesium Carbonate, Calcium Carbonate, Iron (II) Sulfate, Zinc Sulfate, Potassium Iodide, Sodium Hydrogen Selenite, Copper (II) Gluconate, Manganese Sulfate *² Vitamin E (Di-Alpha-tocopheryl Acetate), Vitamin C (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)

nutritional facts

	PER 100 GRAM	%DRI*
Energy	1.466,6 kJ 412,0 kccals	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%

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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%
Iodine	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%

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

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125 gr.

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