
Mr. Popper's®
Clever Food
AMIX
ADVANCED NUTRITION

AMIX™ Mr Popper's offers you a natural and nutritious range of products, low in calories, low in saturated fats and free of added sugars... but without giving up the pleasure of great taste!

AMIX™ Mr Popper's products will help you improve your figure while taking care of your health. They are the perfect complement for all those who want to stay healthy without giving up the pleasure of a tasty treat.

04 FITNESS BREAKFAST

06 PORRIDGES & CEREALS

10 SNACKS

15 SWEETENER

SIMPLY GOOD FITNESS FOOD



CFM Whey Protein

MICELLE XL

520 g

PROTEIN CREPES

Mr.Popper's® Protein Crepes is a instant powder to prepare your favourite round and extra thin crepes. Treat yourself with a delicious and nourishing breakfast. It has high protein content and low content of fats and sugar.
They contain 45% high biological value protein, including CFM® Whey Protein Isolate, CFM® Whey Protein Concentrate, Egg White, etc. Mr. Popper's® Protein Crepes is ideal both for people who want to keep fit but need an extra intake of protein, and for active people who have high physical demands, since protein is essential both for recovery and muscle mass growth. **Mr.Popper's® Protein Crepes** contain only high quality ingredients, so you can enjoy your diet while you keep fit and achieve your physical and sports goals.

Benefits:
» Contains CFM® Concentrate and Isolate Whey Protein
» Delicious and creamy
» High in protein
» Very fast and easy preparation
» Low in Fats
» Crepes are the European version of American Pancakes

Serving suggestions: 40 g (2 scoops) mix with 100 ml of cold water and stir vigorously if you have a creamy consistency.
Heat a frying pan over a high heat and add a small amount of oil/butter then reduce to a medium heat and add the batter to the pan and bake.

Flavours: Chocolate, Vanilla, Natural

Supplement Facts/ Información Nutricional:

Serving size: 40 g (2 scoops/2 cacitos) **Servings per container/Dosis por envase:** 13

	Chocolate		Vanilla /Vainilla		Natural	
Average Values/Valores medios:	**per/por 40 g:**	**per/por 100 g:**	**per/por 40 g:**	**per/por 100 g:**	**per/por 40 g:**	**per/por 100 g:**
Total energy/Energia	609 kJ/143 kcal	1522 kJ/359 kcal	609 kJ/143 kcal	1523 kJ/359 kcal	615 kJ/145 kcal	1539 kJ/363 kcal
Total Fat/Grasas	**1,0 g**	**2,7 g**	**0,9 g**	**2,4 g**	**0,9 g**	**2,4 g**
Saturated Fat/De las cuales Grasas saturadas	0,6 g	1,7 g	0,6 g	1,5 g	0,6 g	1,5 g
Total Carbohydrate/Hidratos de carbono	**14,6 g**	**36,5 g**	**14,9 g**	**37,4 g**	**15,1 g**	**37,8 g**
Sugar/De los cuales azúcares	2,5 g	6,3 g	3,1 g	7,7 g	3,2 g	8,0 g
Protein/Proteína	**18,9 g**	**47,2 g**	**18,8 g**	**47,0 g**	**19,0 g**	**47,5 g**
Salt/Sal	0,2 g	0,5 g	0,18 g	0,45 g	0,23 g	0,46 g

Ingredients (chocolate flavour): Amix™ Protein blend 45 % (CFM® **whey** protein isolate and concentrate **/from milk/**, restructured micellar casein **/from milk/**); rice flour, buckwheat flour, dried skimmed **milk,** dried **egg** white, cocoa powder, aroma, raising agent: sodium bicarbonate; sodium chloride, sweetener: sucralose. **Ingredients (vanilla):** Amix™ Protein blend 45 % (CFM® **whey** protein isolate and concentrate /**from milk**/, restructured micellar casein **/from milk/**); rice flour, buckwheat flour, dried skimmed **milk,** dried **egg** white, aroma, raising agent: sodium bicarbonate; sodium chloride, sweetener: sucralose. **Ingredients (natural):** Amix™ Protein blend 45 % (CFM® **whey** protein isolate and concentrate **/from milk/**, restructured micellar casein **/from milk/**); rice flour, buckwheat flour, dried skimmed **milk,** dried **egg** white, raising agent: sodium bicarbonate; sodium chloride.

LowCarbZONE
CARB REDUCED - PROTEIN INFUSED

Whey Pro Crispies
CRISPIES & FLAKES BLEND

500 g





PROTEIN MÜSLI

Mr.Popper's® Protein Müsli is a perfect solution for anyone looking for a good source of protein. It contains only the finest ingredients and can be consumed anytime of the day.

Benefits:
» High in protein
» Hign in fiber
» Low carb

Mr. Popper's® Protein Müsli has been made only with high quality ingredients and is ideal at any time of the day. You can finally enjoy a high-protein muesli with crunchy flakes, fruit pieces, chocolate chips, sunflower seeds etc. that is also low in sugars and saturated fats.

Serving suggestions: Mix 2 spoons with 100 ml of cold low-fat milk (or better soya milk) and consume it immediately. You can add it to your favourite yogurt or ice-cream.

Flavours: Banana-chocolate, Chocolate-coconut

Supplement Facts/ Información Nutricional:

Average Values / Valores medios	Per/Por 100 g
Total energy / Energía	1701 kJ/405 kcal
Total Fat/ Grasas	14,6 g
Saturated Fat/ De las cuales saturadas	2,2 g
Total Carbohydrate/ Hidratos de carbono	20,9 g
Sugar/ De los cuales azúcares	12,0 g
Fiber/ Fibra	6,7 g
Protein/ Proteína	44,2 g
Salt/ Sal	0,7 g

Ingredients: WheyPro Crispies & Flakes blend 87 % (**soya** flakes, soya crispies /**soya** protein isolate, tapioca starch, sodium chloride/, **soya** crispies with cocoa /**soya** protein, rice semolina, sugar, fat-reduced cocoa powder, **soya** flour, sodium chloride, natural flavour/, **soya** flakes vanilla /**soya** protein isolate, cornmeal, rice flour, sunflower oil, powdered sugar, aroma, sodium chloride, antioxidant: extract of rosemary/, **whey** crispies /rice flour, **whey** protein isolate, soya lecithin/), sunflower seeds, lyophilized banana slices 3 %, vibrated chocolate drops 3 % (sugar, cocoa mass, cocoa butter, fat-reduced cocoa powder, emulsifier: **soya** lecithin, aroma), raisins 2 % (raisins, vegetable oil /max. 0,5 %/, preservative: **sulfur dioxide /SO2/**).

SWEET POTATO CLEAN CARBS

Mr. Popper's® Sweet Potato Clean Carbs is a product based on sweet potato powder that can be prepared cold. It is rich in complex carbohydrates, fibre and important micronutrients and is also available in several delicious flavours.
Sweet potato is a tuber rich in nutrients that provide numerous health benefits.

Sweet potato is rich in carbohydrates and low in sugars, providing us with long-lasting energy. Among its nutrients are numerous vitamins such as those of the B group, folic acid (Vit. B9), important for strengthening the immune system, and other vitamins such as A, E and C which stand out, among other properties, for their high antioxidant power. It also provides fibre and numerous minerals such as phosphorus, iron, calcium, zinc, potassium iron, calcium, zinc, potassium, etc.

If we are really aware of how important carbohydrate intake is, both to produce energy and to recover glycogen levels after intense exercise, we know that we will need to consume food rich in this macronutrient before and after training.

Sweet potato, thanks to its easy to digest properties, may be one of the best sources of carbohydrates available.

Mr. Popper's® Sweet Potato Clean Carbs is a delicious and convenient way to include sweet potato in your diet, as you can add the cold flour to your protein shakes to make them richer and creamier, or include it in your favourite recipes, such as breads, cakes or pastries as it is suitable for baking.

Benefits:
» Tasty and creamy
» Just mix and drink
» Cold preparing
» Other using in kitchen

Serving suggestions: 30 g (3/4 scoop)
Mix with 200 ml of cold water and stir it vigorously if you have a creamy consistency. Use the shaker Amix™ or mixer for mixing. You can drink immediately. It can be use in bakery and confectionery too.

Flavours: Cookies, Chocolate, White Chocolate



1 000 g

Supplement Facts/ Información Nutricional

Serving size/ Dosis: 30 g (3/4 scoop/cacito)
Servings per container/ Porciones por envase: 33

Average values/ Valores promedio:	per/por 30 g:	per/por 100 g:
Energy value/ Valor energético:	414 kJ/98 kcal	1380 kJ/326 kcal
Total Fat/ Grasas	**0,2 g**	**0,8 g**
Saturated Fat/ de las cuales Saturadas	0,1 g	0,3 g
Total Carbohydrate/ Hidratos de Carbono	**21,0 g**	**70,2 g**
Sugars/ de los cuales ázucares	3,6 g	12,2 g
Fibre/ Fibra alimentaria	**4,0 g**	**13,6 g**
Protein/ Proteína (dry basis/base seca)	**0,9 g**	**2,9 g**
Salt/Sal	**0,01 g**	**0,01 g**

Ingredients: Sweet potato powder 98%, cocoa powder (only in chocolate flavour), aroma, sweeteners: steviol glycosides, sucralose and acesulfame K; salt.

OATMASH®

Mr. Popper's® OatMash® with sweeteners (only flavored variants). Excellent soluble extruded oat flour specially designed for fast preparation of porridge or oat drink. This great tasting product is an ideal source of natural oat fibre. Oats are a well-liked source of nutrition for many people, engaged in heavy physical activity or not.

Preparation:
1. Porridge: Mix 1 scoop of OatMash® (50 g) with 200 ml of hot water or milk. Mix well by spoon until you get a porridge consistency. Wait about 2 minutes. You can sweeten it with a bit of honey and top with fruits and nuts. Mixing ratio can be changed according to your taste.
2. Oat drink: Mix 1 scoop (50 g) with 300 ml of water or milk. Use a blender or hand held shaker, mix for 30 seconds. You can also add OatMash® to your favourite protein cocktail.

Flavours: Natural, Banoffee, Double Dutch Chocolate, Peanut Butter-Cookies, White Chocolate, Coconut-Chocolate, Strawberry-Yogurt, Lime-Yogurt, Wildberries.



2 000 g
20 x 50 g

Original Stevia a natural sugar substitute

Supplement Facts/ Información Nutricional:

Serving size/ Cantidad diaria recomendada: 50 g (1 scoop/1 cacito)
Servings per container/ Dosis por envase: 40

Average values / Valores promedio:	per/ por 50 g:	per/ por 100 g:
Energy value/ Valor energético:	715,9 kJ / 170 kcal	1431,8 kJ / 339,6 kcal
Total Fat/ Grasas	**2,8 g**	**5,6 g**
Saturated Fat/ De las cuales saturadas	0,6 g	1,2 g
Total Carbohydrate/ Hidratos de carbono	**29,5 g**	**59 g**
Sugars/ De los cuales azúcares	< 1 g	< 2 g
Fibre/ Fibra	**4,5 g**	**9 g**
Protein/ Proteína (dry basis/base seca)	**4,4 g**	**8,8 g**
Salt/ Sal	**< 0,25 g**	**< 0,5 g**

Ingredients (unflavored - natural): Instantized extruded **oat** flour.
Ingredients (flavored variants): Instantized extruded **oat** flour, cocoa powder (only flavours: chocolate-coconut, nougat-caramel, peanut butter-cookie, double dutch chocolate, banoffee), citric acid (only flavours: strawberry-yogurt, wild berry, lime-yogurt), natural and naturally identical aroma, dye: (strawberry-yogurt and wild berry flavour - beetroot extract; lime-yogurt - curcumin), sweeteners: steviol glycosides, sucralose and acesulfame-K.

OATMEAL

Mr. Popper's® OatMeal is an extruded wholegrain oat flour with good solubility, specially designed for fast & easy preparation, either as a porridge or a drink. Mr. Popper's® OatMeal can also be used as a versatile ingredient, adding fibre to your favourite recipes - like cakes, pancakes, puddings and more.

Preparation:
1. Porridge: Mix 50 g (1 heaping scoop) with 200 ml of hot water or milk. Mix well by spoon until you achieve a porridge-like consistency. Wait about 2 minutes. You can sweeten it with a bit of honey and top with fruits and nuts, peanuts, chocolate, coconut, etc. Mixing ratio can be changed according to your taste.
2. Oat drink: Mix 50 g (1 heaping scoop) with 300 ml of water or milk. Use a blender or hand held shaker, mix for 30 seconds. You can also add Mr. Popper's® OatMeal to your favourite protein cocktail.

Flavours: Bombon Crunchy , Coconut-Chocolate, Double Chocolate, Natural, Peanut Butter Cookie, Salted-Caramel Ice Cream, Strawberry-Yogurt, Turron-Caramel, White-Chocolate, Vanilla with Macadamia Nuts.



1000 g

Supplement Facts/ Información Nutricional:

Serving size/ Cantidad diaria recomendada: 50 g (1 scoop/1 cacito)
Servings per container/ Dosis por envase: 40

Average values / Valores promedio:	per/ por 50 g:	per/ por 100 g:
Energy value/ Valor energético:	699 kJ / 166 kcal	1397 kJ / 332 kcal
Total Fat/ Grasas	**2,8 g**	**5,6 g**
Saturated Fat/ De las cuales saturadas	0,7 g	1,3 g
Total Carbohydrate/ Hidratos de carbono	**28 g**	**56 g**
Sugars/ De los cuales azúcares	0,6 g	1,3 g
Fibre/ Fibra	**5 g**	**10 g**
Protein/ Proteína (dry basis/base seca)	**4,6 g**	**9,2 g**
Salt/ Sal	**0,23 g**	**0,45 g**

Ingredients (unflavored - natural): Instantized extruded **OAT** flour.
Ingredients (flavored variants): Instantized extruded **OAT** flour, cocoa powder, aromas, salt, sweeteners: sucralose, acesulfame-K and steviol glycosides. **Allergen warning:** It may contain traces of **MILK, EGGS, SOYBEANS, SESAME, FISH, TREE NUTS, PEANUTS AND CRUSTACEANS.**

RICEMASH®

Mr. Popper's® RiceMash® with sweeteners and flavour (only flavored variants).
Mr. Popper's® RiceMash® is extruded and subsequently milled rice for preparing a wonderful instant porridge. It is an excellent ingredient for baking muffins, breads, pastries and cakes. It is also a superb thickener for soups, sauces and gravies. White rice flour is naturally rich in carbohydrates and low in fat.

Serving suggestions:
Mix 2 scoops (50 g) with 220-250 ml of hot water or milk.
Mix well by spoon until you get a porridge consistency.
You can sweeten it with a bit of honey and top with fruits and nuts. Mixing ratio can be changed according to your taste.

Flavours: Natural, Double Chocolate, White Chocolate, Coconut-Chocolate, Peanut Butter-Cookies, Strawberry-Yoghurt, Banoffee.



1 500 g

Original Stevia a natural sugar substitute

Supplement Facts/ Infromación Nutricional:

Serving size/ Dosis: 50 g (2 scoops/2 cacitos)
Servings per container/ Servicios por envase: 30

Average values/ Valores promedio:	per/por 50 g:	per/por 100 g:
Energy value/Valor energético:	779 kJ/184 kcal	1558 kJ/367 kcal
Total Fat/Grasas	**0,82 g**	**1,64 g**
Saturated Fat/ de las cuales saturadas	0,3 g	0,6 g
Total Carbohydrate/ Hidratos de carbono	**39,5 g**	**79 g**
Sugars /de los cuales azúcares	0,25 g	0,5 g
Fibre/ Fibra	**1,25 g**	**2,5 g**
Protein/ Proteína (dry basis/base seca)	**3,95 g**	**7,9 g**
Salt - natural - unflavored / sabor natural*	**0,04 g**	**0,07 g**
- flavored variants/ resto de sabores	0,22 g	0,44 g

*The salt content is exclusively due to the presence of naturally occurring sodium/ El contenido de sal se debe exclusivamente por la presencia de sodio natural

Ingredients (unflavored - natural): instantized extruded rice flour
Ingredients (flavored variants): instantized extruded rice flour, cocoa powder (only flavours: Coconut-chocolate, Peanut Butter-Cookie, Double Dutch Chocolate, Banoffee, White Chocolate), acidifying agent: citric acid (only flavours: Strawberry-Yogurt); sodium chloride, aroma, dye: (Strawberry-Yogurt - beetroot extract); sweeteners: steviol glycosides, sucralose and acesulfame-K.

CREAM OF RICE

Mr. Popper's® Cream of Rice is extruded and subsequently milled rice for preparing the wonde ul instant porridge or also sweet desserts. White rice flour is naturally rich in carbohydrates and low in fat.

Serving suggestions: Mix 50 g (1 ¾ scoops) with 220–250 ml of hot water or hot milk. Mix well by spoon until you get a porridge consistency. You can sweeten it with a bit of honey and top with fruit, nuts, peanuts, chocolate, coconut, etc. Mixing ratio can be changed according to your taste.

Flavours: Coco Chocolate, Double Chocolate, Natural, Peanut Butter & Cookies, Strawberry Yogurt, White Chocolate, Banoffee, Vanilla with Macadamia Nuts, Salted Caramel Ice Cream, Turron-Caramel, Bombon Crunchy.



1 000 g

Supplement Facts/ Infromación Nutricional:

Serving size/ Dosis: 50 g (1 ¾ cacitos)
Servings per container/ Servicios por envase: 30

Average values/ Valores promedio:	per/por 50 g:	per/por 100 g:
Energy value/Valor energético:	763 kJ / 180 kcal	1526 kJ / 359 kcal
Total Fat/Grasas	**0,7 g**	**1,5 g**
Saturated Fat/ de las cuales saturadas	0,1 g	0,3 g
Total Carbohydrate/ Hidratos de carbono	**40 g**	**79 g**
Sugars /de los cuales azúcares	0,1 g	0,2 g
Fibre/ Fibra	**1,3 g**	**2,7 g**
Protein/ Proteína (dry basis/base seca)	**3 g**	**6,1 g**
Salt / Sal	**0,04 g**	**0,08 g**

Ingredients (natural falvour): Instantized extruded rice flour
Ingredients (all other flavours): Instantized extruded rice flour, aromas, cocoa powder, sweeteners: sucralose, acesulfame-K, steviol glycosides; salt. **Allergen warning:** It may contain traces of **MILK, EGGS, SOYBEANS, FISH AND CRUSTACEANS.**



1 000 g

GLUTEN FREE OATFLAKES

Mr. Popper's® Gluten Free Oat Flakes are gluten free product directly from Ireland. Flakes are de-hulled, heat treated oat groats which are steel cut, steamed and flaked. The oats are procured and processed using a certified closed loop gluten free oat supply chain process OatSecure™ encompassing Seed development – screening, land & grower selection, sowing, crop monitoring, harvesting, drying, storage and milling.

Beta-glucans contribute to the maintenance of normal blood cholesterol levels. The beneficial effect is obtained with a daily intake of 3 g of beta-glucans from oats, oat bran, barley, barley bran, or from mixtures of these beta-glucans.

Benefits:
» Low glycemic index carbohydrate
» Slow release energy
» Source of fibres and beta-glucans
» 100% natural
» GLUTEN FREE - highest standart gluten free – maximum 10 ppm
» Packaged in a special bottle which guarantees freshness for a longer time than common sachet

Serving suggestions: 50g (each recommended daily serving of product (50g) contains 1.15g of Beta-Glucans).

TIPS for use: Mr. Popper's® Gluten Free Oat flakes are ideal for a breakfast cereal as well as an ingredient in your recipes. Mix 50g of product with 250ml of hot or cold milk to enjoy your daily breakfast of gluten-free oat flakes with milk.

Supplement Facts/ Información Nutricional:

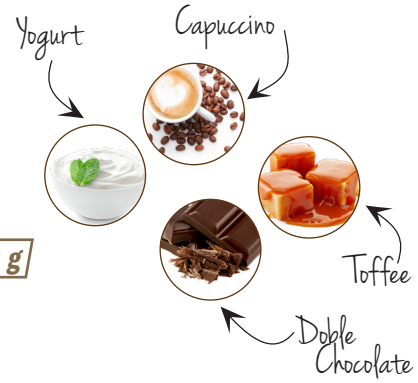
Average values / Valores promedio:	per/por 100 g:
Energy value/ Valor energético:	1642 kJ/389 kcal
Total Fat/ Grasas totales	**4,9 g**
Saturated Fat/ de las cuales grasas saturadas	0,8 g
Total Carbohydrate/ Carbohidratos totales	**61,5 g**
Sugars/ de los cuales azúcares	1,2 g
Fibre/ Fibra	**8,5 g**
Protein/ Proteína	**13,5 g**
Salt/ Sal	**<0,02 mg**

*The salt content is exclusively due to the presence of naturally occurring sodium

Ingredients: gluten free oat flakes







30 x 120 g

FLAP JACK OAT BAR

AMIX presents Mr. Popper's® FlapJack, a delightful bar made up of the highest quality oat flakes in delicious flavours so you can consume it anywhere and anytime of the day.

Mr. Popper's® FlapJack is made from oat flakes, which provide us with a rich source of carbohydrates with a low glycemic index. They are also high in fiber, which helps to improve intestinal transit. Besides, oat flakes are also a great source of proteins of great biological value, along with vitamins (especially Group B) and minerals (such as potassium, magnesium, calcium, etc.) that help maintain biological functions.

This delicious oat bar is the ideal complement for athletes who need to increase their daily caloric intake, either to seek weight gain or simply increase energy levels. They are also ideal for endurance sports athletes as they provide a great deal of long-lasting energy, perfect for long distance trials. Oat flakes are the ideal fuel for sports because they do not contribute to the so-called „spikes" of energy, as do other products based on simple sugars such as glucose.

Amix FlapJacks are an effective alternative to traditional sugar-based energy bars, providing the benefits of oat flakes, satisfying appetite, improving performance and accelerating post-exercise recovery.

Benefits:
» High percentage of low glycemic index carbohydrates
» Slow-release energy
» Source of fiber and Beta-Glucans
» High calorific value
» Ideal for endurance sports

Flavours: Toffee, Double Chocolate, Capuccino, Yogurt

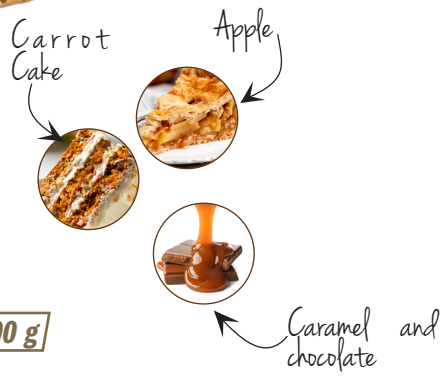
Nutritional facts/ Información nutricional:

Average values/ Valores medios	per/por 100 g	per/por 120 g
Energy value/ Valor Energético	471 kcal/1970 kJ	566 kcal/2364 kJ
Fat/ Grasas	25,0 g	30,0 g
saturated/saturadas	13,8 g	16,5 g
Carbohydrate/ Carbohydratos	54,0 g	64,8 g
sugars/azucares	27,4 g	32,9 g
polyols/polialcoholes	0,4 g	0,5 g
Fibre/ Fibra	4,7 g	5,7 g
Protein/ Proteína	5,3 g	6,4 g
Salt/ Sal	0,38 g	0,46 g

Ingredients (yogurt flavour): oat flakes **(gluten)** (42,6%), margarine [vegetable oils (palm oil, coconut oil and sunflower oil), water, emulsifier: mono- and diglycerides of fatty acids, acidity regulator: citric acid, preservative: potassium sorbate, aromas, dye: carotenes]; sugar, white vegetable fat coating base [sugar, vegetable fully hydrogenated palm kernel fat, **whey** from **milk** powder, skimmed **milk** powder, emulsifier: **soya** lecithin, aromas]; inverted sugar syrup, aromas, sea salt, dairy preparation from yogurt [**yogurt** powder, **milk** protein]; preservative: potassium sorbate.







30 x 100 g

FLAPJACK GOURMET

Mr. Popper's® FlapJack, is a delicious oat bar available in a variety of flavors, perfect for enjoying anytime and anywhere.

Flavours: Caramel and dark chocolate, Carrot cake with caramel and white chocolate, Apple with caramel and white chocolate

Nutritional facts/ Información nutricional:

Average values/ Valores medios	per/por 100 g
Energy value/ Valor Energético	**1757 kJ/419 kcal**
Fat/ Grasas	**16,8 g**
saturated/saturadas	10,8 g
Carbohydrate/ Hidratos de Carbono	**58,4 g**
Sugars/ Azúcares	34,2 g
Polyols/ Polialcoholes	0,2 g
Fibre/ Fibra	**5,7 g**
Protein/ Proteína	**5,9 g**
Salt/ Sal	**0,03 g**

Ingredients (Caramel and dark chocolate): OAT flakes (EU origin) (**GLUTEN**) (33%), inverted sugar syrup, caramel paste [glucose-fructose syrup, condensed **MILK** (**MILK**, sugar), vegetable fat, water, stabilizer: glycerol, emulsifiers: mono- and diglycerides of fatty acids and sucrose esters of fatty acids, flavoring] (17.6%), dark chocolate coating with minimum 60% cocoa [cocoa mass, sugar, cocoa butter, emulsifier: lecithins (**SOY**), flavoring, emulsifier: polyglycerol polyricinoleate] (14.4%), butter [butter, **LACTIC** cultures], sugar, flavorings, low-fat cocoa powder, preservative: potassium sorbate. **Allergen warning:** May contain traces of **EGGS, PEANUTS, TREE NUTS, SESAME SEEDS, SULFITES, and/or their derivatives.**



15 x 70 g

DUNKY ZERO®

Mr. Popper's® Dunky Zero® is a delicious and healthy snack high in protein and very low in sugars.

Dunky Zero® is made with proteins of the highest biological value from egg whites and whey protein concentrate, which are ideal for regenerating muscle tissue after intense workouts. It also provides slow-absorption carbohydrates from whole grain oat flour that supply sustained energy, keeping blood sugar levels stable.

In short, **Dunky Zero®** is a delicious snack to take on the go. It is high in fiber and has a very low saturated fat content. No palm oil content.

Benefits:
» High protein content
» Slow-release carbohydrates
» The perfect food at any time of the day

Flavours:
» Dark donut with white chocolate filling
» Dark donut with dark chocolate filling
» Donut with hazelnut filling
» Dark donut with speculoos filling
» Triple chocolate

Supplement Facts/ Información Nutricional:

Average Values/Valores medios	per/por 70 g	per/por 100 g
Total energy/Valor energético	1151 kJ/275 kcal	1644 kJ/393 kcal
Total Fat/Grasas	**12,6 g**	**18 g**
Saturated Fat/De las cuales saturadas	2 g	2,9 g
Total Carbohydrate/Hidratos de carbono	**23,6 g**	**33,7 g**
Sugar/De los cuales azúcares	2,59 g	3,7 g
Polyols/Polialcoholes	10 g	14,1 g
Fiber/Fibra	**2,7 g**	**3,9 g**
Protein/Proteína	**8,6 g**	**12,3 g**
Salt/Sal	**0,24 g**	**0,38 g**

Ingredients: (Dark donut) **egg** white, black biscuit powder 15% [**wheat** flour, sugar, vegetable oil (high oleic sunflower oil), cocoa powder, glucose and fructose syrup, raising agents (ammonium hydrogen carbonate and sodium hydrogen carbonate), salt, emulsifier (**soy** lecithin), vanilla flavouring], dark chocolate filling 10% [sweetener (maltitol), **milk** powder, sunflower oil, defatted cocoa powder 11%, **hazelnut** paste 9%, **milk** protein concentrate (**lactose**), emulsifier (**soy** lecithin), vanilla flavourings], whole **oat** flour (**gluten**) 8%; vegetable oil (sunflower and soy); humectant (glycerin); **whey** protein concentrate, orange zest, sweetener 5% (maltitol), raising agents: sodium bicarbonate and sodium pyrophosphate.



15 x 50 g

MUFFY GOURMET

Mr. Popper's Muffy Gourmet is a baked muffin-shaped food supplement available in different flavours and fillings. It is made from selected flours and other ingredients and comes in individual 50 g portions. It is a practical option to incorporate into a varied and balanced diet.

Main characteristics:
* Protein content: The muffins provide protein from their vegetable ingredients. Protein contributes to the maintenance of muscle mass.
* Fibre content: They contain dietary fibre derived from the flours used in the formulation.
* Low sugar content: The products are made to be low in sugar.
* Baked and ready to eat: Their format makes them easy to eat at any time of day.

Flavours:
» Chocolate with white chocolate cream
» Chocolate with black chocolate cream
» Original with white chocolate cream
» Original with speculoos cream

Supplement Facts/ Información Nutricional:

Average Values/Valores medios	per/por 100 g	per/por 50 g
Total energy/Valor energético	1516 kJ/362 kcal	758 kJ/181 kcal
Total Fat/Grasas	**23 g**	**11,5 g**
Saturated Fat/De las cuales saturadas	3,18 g	1,59 g
Total Carbohydrate/Hidratos de carbono	**39 g**	**19,5 g**
Sugar/De los cuales azúcares	<0,5 g	0,25 g
Protein/Proteína	**8 g**	**4 g**
Fiber/Fibra	**1,5 g**	**0,75 g**
Salt/Sal	**0,13 g**	**0,07 g**

Ingredients (CHOCOLATE WITH WHITE CHOCOLATE CREAM FLAVOUR): wheat **FLOUR, (GLUTEN)**, fresh egg white , vegetable oil (sunflower, soy (non-allergenic)), white chocolate cream (10%): (Isomalt, vegetable oil (sunflower, coconut), **MILK PROTEIN, SKIMMED MILK, HAZELNUT** paste (5%), emulsifier (sunflower lecithin), vanilla flavor), sweetener (maltitol), protein concentrate **MILK**, chocolate chips (7.5%): (sugar, cocoa paste, cocoa butter, sunflower lecithin (E-322) and vanilla flavouring), cocoa powder (5%), raising agents: (disodium diphosphate and sodium bicarbonate). Allergen warning: Contains **MILK, GLUTEN, EGG, AND HAZELNUT.** May contain traces of **TREE NUTS.**



12 x 40 g



RICE POPS

Mr. Popper's Rice Pops, a crunchy and delicious snack with an irresistible taste, ideal to enjoy at any time of the day, each pancake combines the lightness of puffed rice with a topping that adds a sweet touch without being overly sweet.

Thanks to its low saturated fat content and individual format, it is a practical and balanced option for those looking for a quick and tasty snack.

Mr. Popper's Rice Pops are perfect to take with you to work, to the gym or during your daily activities. A functional treat that fits an active lifestyle, palm oil free and with a balanced nutritional profile

Benefits:
» Crunchy snack with coating
» Low saturated fat content
» Palm oil free
» Enriched with protein
» Gluten free

Flavours: Cocoa, Yogurt

Supplement Facts/ Información Nutricional:

Average Values / Valores Medios	per/por 100 g	per/por 40 g
Energy value /Valor energético	1815 kJ/ 435 kcal	726 kJ/ 174 kcal
Fat / Grasas	**21,5 g**	**8,6 g**
saturated Fat / de las cuales saturadas	19,0 g	7,6 g
Carbohydrate / Carbohydratos	**35,3 g**	**14,1 g**
of which sugars / de los cuales azúcares	2,5 g	1,0 g
of which poliols / de los cuales polialcoholes	0,8 g	0,3 g
of which starch / de los cuales almidón	0,5 g	0,2 g
Fiber / Fibra	**17,5 g**	**7,0 g**
Protein / Proteína	**18,5 g**	**7,4 g**
Salt / Sal	**0,25 g**	**0,10 g**

Ingredients (Cocoa): Cocoa coating (60%) [vegetable fat (palm kernel, palm, shea), fibre (polydextrose), **MILK PROTEIN CONCENTRATE**, fat reduced cocoa powder (7,5%), **WHEY PROTEIN CONCENTRATE**, emulsifier (lecithins), natural flavours, sweetener (sucralose)], rice cake (40%) [brown rice 80%, white rice 20%].
Allergen warning: contains **MILK PROTEIN CONCENTRATE** and **WHEY PROTEIN CONCETRATE**. May contain traces of **NUTS (ALMONDS, HAZELNUTS, WALNUTS, CASHEWS, PECAN NUTS, BRAZIL NUTS, PISTACHIOS, AND MACADAMIA NUTS)** due to manufacturing methods.



500 g

STEVIA SWEETENER

Mr. Popper's® STEVIA is a no-calorie sweetener. It tastes incredibly similar to sugar with the novelty of not leaving the „aftertaste" typical of Stevia-based sweeteners.

It is made from Erythritol, which is a naturally occurring polyol (sugar-free carbohydrate), together with steviol glycosides (high purity extract of the stevia plant responsible for its sweet taste). Thanks to its manufacturing process, we obtain a product with a natural, homogeneous flavour and without artificial flavourings or flavour masking agents.

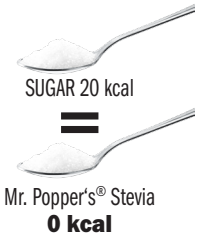
Mr. Popper's® STEVIA does not increase blood sugar levels and is therefore suitable for diabetics, besides promoting dental health. **Mr. Popper's® STEVIA** adds a pleasant flavour to your drinks (herbal teas, coffee, etc...) and sweeter meals (or desserts). It stands out from other sweeteners with Stevia, in that it can be used for baking, without the flavour turning unpleasantly sour as a result of the oxidation of the Stevia itself.

Benefits:
» 0% calorie sweetener
» Natural product that tastes very similar to sugar
» Ideal for adding to beverages or baked dessert recipes»
» The flavour does not change at high temperatures
» Suitable for diabetics (glycemic index 0)
» Healthy for your teeth

Nutritional facts:

Average values:	per 1 g	per 100 g
Energy value	0 kJ/0 kcal	0 kJ/0 kcal
Total Fat	0,00 g	0,00 g
Saturated Fat	0,00 g	0,00 g
Total Carbohydrate	0,99 g	99,7 g
Sugar	0,00 g	0,00 g
Protein	0,00 g	0,00 g
Salt	0,00 g	0,00 g

Ingredients: Erythritol E-968 and steviol glycosides from stevia E-960a



#YOUDECIDE

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