



## Key characteristics

- \* 100% Organic; all ingredients are certified organic by the Soil Association
- \* Fairtrade certified
- \* A combination of high and low Glycemic Index (GI) ingredients
- \* Whey enriched for high protein with no fat
- \* High in antioxidants which help protect cells from damage
- \* Mango is rich in Vitamin C; important for collagen formation, iron absorption and bone maintenance
- \* Cashew nuts are rich in essential fats and have a lower fat content than most other nuts

Mango Tango is perfect for training or recreational activities. The rice syrup provides an instant mule-style kick while the low GI carbohydrates sustain blood sugar levels. The mango and cashew nuts are rich in vitamins and beneficial fats that support cell health for future training and adventures.



**Mango** ...FairTrade, Organic mango & cashew nuts

Ingredients	Content %	GI index	GI rated	Nutrition
Organic Mango	30.5%	51	Low	High in fibre and carbohydrates. Contains potassium essential for muscle contraction and nerve transmission. Contains Vitamin C which is important for collagen formation and maintenance. Collagen is a protein that enhances iron absorption and supports bone and teeth formation. Contains Vitamin A which is essential for immune system support and bone formation. Contains Vitamin E which prevents cell damage by free radicals. The mangoes are dried without the use of any additives.
Rice Syrup	29.5%	100	High	Rice syrup is a high GI and high calorie energy source.
Oatmeal	10.4%	45	Low	Oatmeal contains iron, calcium, Vitamin A, protein, fibre and almost no fat. High in B vitamins which are essential for energy release and heart health promoting folate which lowers homocysteine levels.
Cashew Nuts	8.9%	22	Low	Cashew nuts have a very low fat content compared to other nuts. 75% of the fat found in cashew nuts is unsaturated fat of which the majority is monounsaturated fat which is beneficial for heart health.
Puffed Rice	6.5%	78	High	A rich source of carbohydrates and a good source of insoluble fibre. Rice is low in fat, and high in B vitamins.
Standard Oats	4%	58	Medium	Oats contain certain antioxidants which are present only in oats that help prevent free radical damage to LDL cholesterol, thus helping reduce the risk of cardiovascular disease. High in manganese which helps lower cholesterol by removing cholesterol from the digestive system.
Whey Powder	3.7%	20	Low	High in protein, with no fat.
Soy Flour	2.5%	35	Low	High in protein. High in amino acids. Contains protective phytochemicals such as phytoestrogens and isoflavones.
Puffed Quinoa	2.3%	50	Low	High in protein. Includes all nine essential amino acids. Rich in lysine, essential for muscle growth and repair.
Shelled Hempseed	1.7%	10	Low	Shelled hempseed is 40% more nutritious than whole hempseed. It contains nutrients that help moderate blood sugar level. High in essential fatty acids, essential amino acids and fibre. Contains lecithin which assists in the breakdown of fats and enhances liver metabolism and enzyme production.