

Diet Rite Cordial

Nutrition Information

FRUIT COCKTAIL

Average Quantity	Per 250mL	%DI* Per 250mL
Energy	25kJ	0.3%
Protein	<1g	<1%
Fat – Total	<1g	<1%
- Saturated	0g	0%
Carbohydrate	1.5g	0.5%
- Sugars	1.3g	1.4%
Dietary Fibre	<1g	<1%
Sodium	10mg	0.4%
Vitamin C	5mg	10% (†RDI)

*Percentage Daily Intakes are based on an average adult diet of 8,700kJ.
Your daily intakes may be higher or lower depending on your energy needs.
†Recommended Dietary Intake

Ingredients

Water, Reconstituted Juices [Apple (30%), Orange (15%), Pineapple (4%), Passionfruit (1%)], Food Acid (Citric), Natural Flavours, Sweeteners (952, 950, 955), Preservatives (202, 223), Thickener (466), Vitamin C, Natural Colours (150a, 100, 160a).

APPLE STRAWBERRY GUAVA

Average Quantity	Per 250mL	%DI* Per 250mL
Energy	25kJ	0.3%
Protein	<1g	<1%
Fat – Total	<1g	<1%
- Saturated	0g	0%
Carbohydrate	1.5g	0.5%
- Sugars	1.3g	1.4%
Dietary Fibre	<1g	<1%
Sodium	10mg	0.4%
Vitamin C	5mg	10% (†RDI)

*Percentage Daily Intakes are based on an average adult diet of 8,700kJ.
Your daily intakes may be higher or lower depending on your energy needs.
†Recommended Dietary Intake

Ingredients

Water, Reconstituted Juices [Apple (45%), Guava (3%), Strawberry (2%)], Food Acid (Citric), Natural Flavours, Sweeteners (952, 950, 955), Preservatives (202, 223), Natural Colour (163), Thickener (466), Vitamin C.

APPLE RASPBERRY

Average Quantity	Per 250mL	%DI* Per 250mL
Energy	25kJ	0.3%
Protein	<1g	<1%
Fat – Total	<1g	<1%
- Saturated	0g	0%
Carbohydrate	1.5g	0.5%
- Sugars	1.3g	1.4%
Dietary Fibre	<1g	<1%
Sodium	10mg	0.4%
Vitamin C	5mg	10% (†RDI)

*Percentage Daily Intakes are based on an average adult diet of 8,700kJ.
Your daily intakes may be higher or lower depending on your energy needs.
†Recommended Dietary Intake

Ingredients

Water, Reconstituted Juices [Apple (48%), Raspberry (2%)], Food Acid (Citric), Sweeteners (952, 950, 955), Preservatives (202, 223), Natural Flavours, Natural Colour (163), Vitamin C.

LIME

Average Quantity	Per 250mL	%DI* Per 250mL
Energy	9kJ	0.1%
Protein	<1g	<1%
Fat – Total	<1g	<1%
- Saturated	<1g	<1%
Carbohydrate	0.2g	0.1%
- Sugars	0g	0%
Dietary Fibre	<1g	<1%
Sodium	5mg	0.2%
Vitamin C	5mg	10% (†RDI)

*Percentage Daily Intakes are based on an average adult diet of 8,700kJ.
Your daily intakes may be higher or lower depending on your energy needs.
†Recommended Dietary Intake

Ingredients

Water, Food Acid (Citric), Reconstituted Lime Juice (5%), Natural Flavour, Sweeteners (952, 950, 955), Preservatives (202, 223), Colour (141), Vitamin C.

APPLE BLACKCURRANT

Average Quantity	Per 250mL	%DI* Per 250mL
Energy	30kJ	0.3%
Protein	<1g	<1%
Fat – Total	<1g	<1%
- Saturated	0g	0%
Carbohydrate	1.8g	0.6%
- Sugars	1.3g	1.4%
Dietary Fibre	<1g	<1%
Sodium	10mg	0.4%
Vitamin C	5mg	10% (†RDI)

*Percentage Daily Intakes are based on an average adult diet of 8,700kJ.
Your daily intakes may be higher or lower depending on your energy needs.
†Recommended Dietary Intake

Ingredients

Water, Reconstituted Juices [Apple (48%), Blackcurrant (2%)], Food Acid (Citric), Sweeteners (952, 950, 955), Natural Flavour, Vitamin C, Natural Colour (163), Preservatives (202, 223).

LEMON

Average Quantity	Per 250mL	%DI* Per 250mL
Energy	25kJ	0.3%
Protein	<1g	<1%
Fat – Total	<1g	<1%
- Saturated	<1g	<1%
Carbohydrate	0.9g	0.3%
- Sugars	0.3g	0.3%
Dietary Fibre	<1g	<1%
Sodium	10mg	0.4%
Vitamin C	5mg	10% (†RDI)

*Percentage Daily Intakes are based on an average adult diet of 8,700kJ.
Your daily intakes may be higher or lower depending on your energy needs.
†Recommended Dietary Intake

Ingredients

Water, Reconstituted Lemon Juice (50%), Sweeteners (952, 950, 955), Natural Flavours, Preservatives (202, 223), Thickener (466), Vitamin C, Natural Colour (Lutein), Food Acid (Citric).

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Nutrition Information

LEMON LIME ORANGE

Average Quantity	Per 250mL	%DI* Per 250mL
Energy	25kJ	0.2%
Protein	<1g	<1%
Fat – Total	<1g	<1%
- Saturated	<1g	<1%
Carbohydrate	1.3g	0.4%
- Sugars	1.3g	1.4%
Dietary Fibre	<1g	<1%
Sodium	5mg	0.2%
Vitamin C	5mg	10% (†RDI)

*Percentage Daily Intakes are based on an average adult diet of 8,700kJ.
Your daily intakes may be higher or lower depending on your energy needs.
†Recommended Dietary Intake

Ingredients

Water, Reconstituted Juices [Lemon (30%), Lime (15%), Orange (5%)], Natural Flavours, Sweeteners (952, 950, 955), Preservatives (202, 223), Thickener (466), Vitamin C, Food Acid (Citric).

MULTI FRUITS

Average Quantity	Per 250mL	%DI* Per 250mL
Energy	30kJ	0.3%
Protein	<1g	<1%
Fat – Total	<1g	<1%
- Saturated	<1g	<1%
Carbohydrate	1.8g	0.6%
- Sugars	1.3g	1.4%
Dietary Fibre	<1g	<1%
Sodium	10mg	0.4%
Vitamin C	5mg	10% (†RDI)

*Percentage Daily Intakes are based on an average adult diet of 8,700kJ.
Your daily intakes may be higher or lower depending on your energy needs.
†Recommended Dietary Intake

Ingredients

Water, Reconstituted Fruit Juices [Apple (35%), Orange (6%), Grape (2%), Apricot (1.5%), Lemon (1%), Mango (1%), Passion-fruit (1%), Peach (1%), Pear (1%), Guava (0.5%)], Food Acid (Citric), Natural Flavour, Sweeteners (952, 950, 955), Vitamin C, Preservatives (202, 223), Natural Colour (160a).