

# FruitCo Fruit Juice

## Nutrition Information

### Apple+

Average Quantity	Per 250mL	%DI* Per 250mL
Energy	468kJ	6%
Protein	1.2g	2%
Fat – Total	<1g	0%
- Saturated	<1g	1%
Carbohydrate	27.5g	9%
- Sugars	26.8g	30%
Dietary Fibre	2.5g	8%
Sodium	12mg	1%
Vitamin C	25mg	62%(†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

Reconstituted Apple Juice (99%), Dietary Fibre (Acacia), Natural Flavour, Food Acid (Citric), Natural Flavour, Vitamin C.

### Apple Pear +

Average Quantity	Per 250mL	%DI* Per 250mL
Energy	468kJ	6%
Protein	1.2g	2%
Fat – Total	<1g	0%
- Saturated	<1g	1%
Carbohydrate	27.5g	9%
- Sugars	26.8g	30%
Dietary Fibre	2.5g	8%
Sodium	12mg	1%
Vitamin C	25mg	62%(†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

Reconstituted Juices [Apple (50%), Pear (49%)], Dietary Fibre (Acacia), Natural Flavours, Food Acid (Citric), Vitamin C.

### 10 Fruits +

Average Quantity	Per 250mL	%DI* Per 250mL
Energy	468kJ	6%
Protein	1.2g	2%
Fat – Total	<1g	0%
- Saturated	<1g	1%
Carbohydrate	27.5g	9%
- Sugars	26.8g	30%
Dietary Fibre	2.5g	8%
Sodium	12mg	1%
Vitamin C	25mg	62%(†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

Reconstituted Fruit Juices [Apple (76.5%), Orange (10%), Grape (4%), Apricot (4%), Peach (2%), Pear (0.5%), Mango (0.5%), Lemon (0.5%), Passionfruit (0.5%), Guava Puree (0.5%)], Dietary Fibre (Acacia), Natural Flavour, Food Acid (Citric), Vitamin C, Natural Colour (160a).

### Apricot Nectar +

Average Quantity	Per 250mL	%DI* Per 250mL
Energy	595kJ	7%
Protein	1.2g	2%
Fat – Total	<1g	0%
- Saturated	<1g	1%
Carbohydrate	35g	12%
- Sugars	34.3g	39%
Dietary Fibre	2.5g	8%
Sodium	23mg	1%
Vitamin C	25mg	62%(†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

Reconstituted Apricot Juice (25%), Sugar, Dietary Fibre (Acacia), Stabiliser (466, 440), Food Acid (Citric), Natural Flavour, Vitamin C, Natural Colour (160b).

### Apple Mango Banana +

Average Quantity	Per 250mL	%DI* Per 250mL
Energy	468kJ	6%
Protein	1.2g	2%
Fat – Total	<1g	0%
- Saturated	<1g	1%
Carbohydrate	27.5g	9%
- Sugars	26.8g	30%
Dietary Fibre	2.5g	8%
Sodium	12mg	1%
Vitamin C	25mg	62%(†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

Reconstituted Juices [Apple (93%), Mango Puree (5%), Banana Puree (1%)], Dietary Fibre (Acacia), Natural Flavours, Food Acid (Citric), Vitamin C.

### Grape +

Average Quantity	Per 250mL	%DI* Per 250mL
Energy	595kJ	7%
Protein	1.2g	2%
Fat – Total	<1g	0%
- Saturated	<1g	1%
Carbohydrate	35g	12%
- Sugars	34.3g	39%
Dietary Fibre	2.5g	8%
Sodium	12mg	1%
Vitamin C	25mg	62%(†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

Reconstituted Grape Juice (99%), Dietary Fibre (Acacia), Natural Flavour, Food Acid (Citric), Natural Colour (Anthocyanin), Vitamin C.

Refreshingly Australian

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# FruitCo Fruit Juice

## Nutrition Information

### Orange +

Average Quantity	Per 250mL	%DI* Per 250mL
Energy	425kJ	5%
Protein	1.2g	2%
Fat – Total	<1g	0%
- Saturated	<1g	1%
Carbohydrate	25g	8%
- Sugars	24.3g	27%
Dietary Fibre	2.5g	8%
Sodium	12mg	1%
Vitamin C	25mg	62%(†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

Reconstituted Orange Juice (99%), Dietary Fibre (Acacia), Natural Flavour, Food Acid (Citric), Vitamin C.

### Tomato +

Average Quantity	Per 250mL	%DI* Per 250mL
Energy	272kJ	3%
Protein	1.8g	4%
Fat – Total	<1g	0%
- Saturated	<1g	1%
Carbohydrate	16g	5%
- Sugars	15.3g	11%
Dietary Fibre	2.5g	8%
Sodium	505mg	22%
Vitamin C	25mg	62%(†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

Reconstituted Tomato Juice (98%), Sugar, Dietary Fibre (Acacia), Salt, Food Acid (Citric), Vitamin C.