

# Waterfords Lightly Sparkling Nutrition Information

## NATURAL

Average Quantity	Per 475mL	%DI* Per 475mL
Energy	0kJ	0%
Protein	0g	0%
Fat – Total	0g	0%
- Saturated	0g	0%
Carbohydrate	0g	0%
- Sugars	0g	0%
Dietary Fibre	0g	0%
Sodium	8mg	0.3%

\*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

Carbonated Australian Natural Mineral Water.

Refreshingly Australian

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