

Waterfords Flavoured Sparkling Mineral Water

Nutrition Information

APPLE BERRY

Average Quantity	Per 475mL	%DI* Per 475mL
Energy	808kJ	9%
Protein	<1g	0%
Fat – Total	<1g	0%
- Saturated	0g	0%
Carbohydrate	47.5g	15%
- Sugars	46.1g	51%
Dietary Fibre	-	-
Sodium	57mg	2%

*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 Water (85%) [Mineral Water (83%), Purified Water (2%)], Sugar, Reconstituted Fruit Juices (5%) [Apple (4%), Raspberry (1%)], Food Acid (Citric), Flavour, Preservative (211), Colour (122).

TAHITIAN LIME

Average Quantity	Per 475mL	%DI* Per 475mL
Energy	888kJ	10%
Protein	<1g	0%
Fat – Total	<1g	0%
- Saturated	0g	0%
Carbohydrate	52.3g	17%
- Sugars	51.3g	57%
Dietary Fibre	-	-
Sodium	57mg	2%

*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 Water (84%) [Mineral Water (83%), Purified Water (1%)], Sugar, Reconstituted Fruit Juices (5%) [Apple (4%), Lime (1%)], Food Acid (Citric), Flavours, Preservative (211), Colour (102, 133).

ORANGE PASSION

Average Quantity	Per 475mL	%DI* Per 475mL
Energy	808kJ	9%
Protein	<1g	0%
Fat – Total	<1g	0%
- Saturated	0g	0%
Carbohydrate	47.5g	15%
- Sugars	46.1g	51%
Dietary Fibre	-	-
Sodium	57mg	2%

*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 Water (85%) [Mineral Water (83%), Purified Water (2%)], Sugar, Reconstituted Fruit Juices (5%) [Orange (4%), Passionfruit (1%)], Food Acid (Citric), Flavours, Preservative (211), Colour (102, 110).

WATERMELON

Average Quantity	Per 475mL	%DI* Per 475mL
Energy	808kJ	9%
Protein	<1g	0%
Fat – Total	<1g	0%
- Saturated	0g	0%
Carbohydrate	52.3g	17%
- Sugars	50.8g	56%
Dietary Fibre	-	-
Sodium	57mg	2%

*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 Water (85%) [Mineral Water (83%), Purified Water (2%)], Sugar, Reconstituted Fruit Juices (5%) [Watermelon (3%), Apple (2%)], Food Acid (Citric), Natural Flavours, Preservative (211), Colour (129).

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