

Waterfords Lite & Fruity Sparkling Natural Mineral Water

Nutrition Information

APPLE BERRY

Average Quantity	Per 250mL	%DI* Per 250mL
Energy	29kJ	0.3%
Protein	0g	0%
Fat – Total	0g	0%
- Saturated	0g	0%
Carbohydrate	1.3g	0.4%
- Sugars	1.1g	1.2%
Dietary Fibre	0g	0%
Sodium	34mg	1%

*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 Natural Mineral Water, Reconstituted Juice [Apple (4.9%), Raspberry (0.1%)], Food Acid (Citric), Natural Flavour, Preservative (211), Sweeteners (952, 955, 950), Black Carrot Concentrate, Natural Colour (Black Carrot Extract).

TAHITIAN LIME

Average Quantity	Per 250mL	%DI* Per 250mL
Energy	26kJ	0.3%
Protein	0g	0%
Fat – Total	0g	0%
- Saturated	0g	0%
Carbohydrate	1.2g	0.4%
- Sugars	0.9g	1.0%
Dietary Fibre	0g	0%
Sodium	37mg	1.6%

*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 Natural Mineral Water, Reconstituted Juice [Apple (4%), Lime (1%)], Food Acid (Citric), Natural Flavour, Preservative (211), Sweeteners (952, 955, 950), Natural Colour (Plant Extract).

LEMON LIME BITTERS

Average Quantity	Per 250mL	%DI* Per 250mL
Energy	23kJ	0.3%
Protein	0g	0%
Fat – Total	0g	0%
- Saturated	0g	0%
Carbohydrate	0.9g	0.3%
- Sugars	1.1g	0.3%
Dietary Fibre	0g	0%
Sodium	36mg	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 Natural Mineral Water, Reconstituted Juice [Lemon (4.5%), Lime (0.5%)], Natural Flavours, Preservative (211), Sweeteners (952, 955, 950), Natural Colour (163), Food Acid (Citric).

NATURAL

Average Quantity	Per 250mL	%DI* Per 250mL
Energy	0kJ	0%
Protein	0g	0%
Fat – Total	0g	0%
- Saturated	0g	0%
Carbohydrate	0g	0%
- Sugars	0g	0%
Dietary Fibre	0g	0%
Sodium	13mg	1%

*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 Natural Mineral Water.

ORANGE PASSION

Average Quantity	Per 250mL	%DI* Per 250mL
Energy	23kJ	0.3%
Protein	0g	0%
Fat – Total	0g	0%
- Saturated	0g	0%
Carbohydrate	0.9g	0%
- Sugars	0.7g	1%
Dietary Fibre	0g	0%
Sodium	35mg	1.5%

*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 Natural Mineral Water, Reconstituted Juice [Orange (4%), Passionfruit (1%)], Food Acid (Citric), Preservative (211), Natural Flavours, Sweeteners (952, 955, 950), Natural Colours (161b, 160a).

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