



Water Nutritional Information



Mildly Thick/Level 2 – Water Cup - 40703
Moderately Thick/Level 3 – Water Cup - 40803
Extremely Thick/Level 4 – Water Cup - 40903

Servings per package: 1
Serving Size: 185mL

	Level 2 - Mild		Level 3 – Moderate		Level 4 - Extreme	
	Avg/serve	Avg/100mL	Avg/serve	Avg/100mL	Avg/serve	Avg/100mL
Energy (kJ)	21	11	32	17	48	26
Protein (g)	<1	<1	<1	<1	<1	<1
Gluten (mg)	Not detected	Not detected	Not detected	Not detected	Not detected	Not detected
Fat-Total (g)	0.0	0.0	0.0	0.0	0.0	0.0
Fat-Saturated (g)	0.0	0.0	0.0	0.0	0.0	0.0
Fat-Trans (g)	0.0	0.0	0.0	0.0	0.0	0.0
Fat-Poly (g)	0.0	0.0	0.0	0.0	0.0	0.0
Fat-Mono (g)	0.0	0.0	0.0	0.0	0.0	0.0
Carbohydrates-Total (g)	0.7	0.4	1.1	0.6	1.5	0.8
Carbohydrates-Sugars (g)	0.7	0.4	1.1	0.6	1.5	0.8
Carbohydrates-Lactose (g)	0.0	0.0	0.0	0.0	0.0	0.0
Dietary Fibre (g)	0.9	0.5	1.5	0.8	2.6	1.4
Sodium (mg)	65	35	96	52	150	81
Vitamins & minerals						
Calcium (mg)	4.6	2.5	4.3	2.3	4.8	2.6
Iron (mg)	<0.05	<0.05	<0.05	<0.05	<0.05	<0.05
Phosphorus (mg)	10.5	5.7	5.5	10.2	26	14
Potassium (mg)	38.9	21	38.9	21	50	27

Ingredient Declaration

Water, Thickener (415), Sugar, Acidity Regulator (514), Preservative (202).

Gluten free, egg free, soy free, nut free, lactose free, vegan suitable, Halal Certified.

Allergens: Nil
Shelf Life: 12 months
Storage: Ambient temperature
COO: Made in Australia from at least 99% Australian ingredients

Issued by: Brenda Mossel Approved by: Chris Lucre Version: 1.0 Status: Approved 03/04/19