

	SERIOUS SMOOTHIES	Revision No: 1.3
	Product Specification Vitality	Issue Date: 27/08/2020
		Internal Product Code: 8004

Product Description	Vitality: A frozen smoothie mix containing a mix of IQF fruits.
Supplier	Seriously Healthy Limited
Process	IQF fruit packed into a clear pillow pouch 180g which is then placed into a printed shipper carton with 12 units per shipper.
Best Before	2 Years from production date
Ingredients	Strawberries, Mango, Raspberries, Goji Berries
Packaging Format	12 x 180g pouches packed into a printed 2.16kg carton.
Storage	Product must be kept frozen at -18°C until use
Transport / Shipping	Product will be shipped frozen at -18°C.
Other	Product frozen at -18°C. Product is non-pasteurised.

1. The specification above is based on a typical sample and the specification should be viewed as a guideline only.
2. Some variation in colour for a natural product is normal.
3. Variation in viscosity is normal for a natural product and fruit held across a season for processing.



NUTRITION INFORMATION

Servings per pack: 1								
Serving Size: 180g sachet plus 250mL water, coconut water or diluted apple juice								
	Avg qty per 180g serving	Avg qty per 100g	*Avg qty per 180g serving with 250mL water	Avg Qty per 100mL	*Avg qty per 180g serving with 250mL coconut water	Avg Qty per 100mL	*Avg qty per 180g serving with 125mL water, 125mL apple juice	Avg Qty per 100mL
Energy	568kj	316kj	568kj	126kj	785kj	175kj	727kj	161kj
Protein	2.7g	1.5g	2.7g	0.6g	4.0g	0.9g	3.0g	0.7g
Fat, total	0.5g	0.3g	0.5g	0.1g	0.7g	0.2g	0.5g	0.1g
Fat, saturated	0.0g	0.0g	0.0g	0.0g	0.2g	0.1g	0.0g	0.0g
Carbohydrate, total	32.5g	18.1g	32.5g	7.2g	44.2g	9.8g	41.7g	9.3g
Sugars	24.7g	13.7g	24.7g	5.5g	36.5g	8.1g	34.0g	7.5g
Dietary Fibre	5.4g	3.0g	5.4g	1.2g	5.4g	1.2g	5.6g	1.3g
Sodium	33mg	18mg	33mg	7mg	76mg	17mg	41mg	9mg

* makes 450mL fruit smoothie where made up as directed

INGREDIENTS: Strawberries (44%), Mango (39%), Raspberries (11%), Goji Berries (6%)