



# Water Nutritional Information



Mildly Thick/Level 2 – Water Cup - 40785  
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
<b>Vitamins &amp; minerals</b>						
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