

**COLD-PRESSED BLEND OF FRUIT AND VEGETABLE
PURÉES, JUICE, SPIRULINA AND ADDED VITAMIN C**

INGREDIENTS: 1 ½ PRESSED APPLES (51%), CRUSHED
SPINACH (15%), ¼ PRESSED PEAR (14%), MASHED
BANANA, CRUSHED BROCCOLI (4%), CRUSHED KALE
(4%), SQUEEZE OF LEMON, CRUSHED KIWI (3%),
SPRINKLE OF SPIRULINA, DASH OF SAFFLOWER,
VITAMIN C (ASCORBIC ACID).

NUTRITION INFO	PER 100ML	PER 250ML
ENERGY	188kJ/44kcal	470kJ/110kcal
FAT	0.1g	0.25g
OF WHICH SATURATES	0g	0g
CARBOHYDRATE	9.8g	24.5g
OF WHICH SUGARS [†]	8.0g	20g
FIBRE	0.7g	1.75g
PROTEIN	0.7g	1.75g
SALT	0.06g	0.15g
VITAMIN C	12mg (15%*)	30mg (37.5%*)

**THIS SMOOTHIE IS HIGH IN VITAMIN C. VITAMIN C
CONTRIBUTES TO THE NORMAL FUNCTION OF THE
IMMUNE SYSTEM. ENJOY AS PART OF A HEALTHY
LIFESTYLE AND BALANCED DIET.**

[†]NATURALLY OCCURRING FROM FRUIT.

WE NEVER ADD SUGAR.

***% REFERENCE INTAKE.**

THIS BOTTLE CONTAINS 1 SERVING.



250ml e

Mockingbird Raw Press

82 St John Street, London EC1M 4JN

20 Harcourt Street, Dublin 2 D02 H364

**KEEP REFRIGERATED, SHAKE WELL AND ONCE OPEN DRINK WITHIN 3 DAYS.
HIGH PRESSURE PROCESSED (HPP). BEST BEFORE: SEE LID.**