

**COLD-PRESSED BLEND OF FRUIT AND
VEGETABLE PURÉES, JUICE AND ADDED VITAMINS**

INGREDIENTS: 1 ½ PRESSED APPLES, ½ ORANGE,
10 CRUSHED BLACKCURRANTS (7.8%), 1 ½ CRUSHED
STRAWBERRIES (7.8%), 4 BLUEBERRIES, SQUEEZE OF
BEETROOT (2%), CRUSHED AÇAÍ BERRIES (2%),
CRUSHED SPINACH (0.5%), CRUSHED KALE (0.5%),
VITAMIN C (ASCORBIC ACID), VITAMIN B6.

NUTRITION INFO	PER 100ML	PER 250ML
ENERGY	180kJ/42kcal	450kJ/105kcal
FAT	0.2g	0.5g
OF WHICH SATURATES	0g	0g
CARBOHYDRATE	9.3g	23.25g
OF WHICH SUGARS†	8.3g	20.75g
FIBRE	0.7g	1.75g
PROTEIN	0.5g	1.25g
SALT	0.01g	0.025g
VITAMIN C	12mg (15%*)	30mg (37.5%*)
VITAMIN B6	0.2mg (15%*)	0.5mg (37.5%*)

**THIS SMOOTHIE IS HIGH IN VITAMIN B6 AND C.
VITAMIN B6 CONTRIBUTES TO NORMAL
ENERGY-YIELDING METABOLISM. VITAMIN C
CONTRIBUTES TO THE REDUCTION OF TIREDNESS AND
FATIGUE. 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.**