

GLUE AREA
MUST REMAIN BLANK

MARKING AREA
LIGHT COLORED RECOMMENDED

FISH 4 EVER
Herring in organic tomato sauce

Made in Latvia

Sustainably-fished Herring
in organic tomato sauce

FISH 4 EVER
SIDE TOP

Sustainably-fished Herring
in organic tomato sauce

High in Omega 3

110g

NUTRITION INFORMATION		
Servings per package: 1 - Serving size: 110g		
Energy	749kJ/180kcal	Typical value per 100g
Fat - Total	13.2g	12g
of which saturates	2.0g	1.9g
Carbohydrates	5.2g	4.8g
of which sugars	1.7g	1.6g
Protein	11.7g	10g
Salt	1.1g	1g
Sodium	440mg	400mg
Omega 3	1.8g	1.6g

Once opened, keep refrigerated and consume within 2 days

Packed in Latvia for Organico Realfoods, 3 City Limits, Reading, RG6 4UP, UK.
Tel: 0118923 8760 www.fish4ever.co.uk
Imported in Australia by First Ray, Suite 173 / 137 Cardigan St, Carlton, 3053 VIC Australia. www.firstray.com.au

Sustainably-fished Herring
in organic tomato sauce

Our careful catch and pack approach brings you these herring caught by local boats in Scotland, UK. We only use traditional artisan methods in our packing and only add 'clean' natural and organic ingredients. Learn more about canned fish you can trust at www.fish4ever.co.uk

Trace your fish

Scan here and use the lot code on the end of the pack

Ingredients: Herring filets (60%), tomato paste* (17%), water, sunflower oil*, potato starch*, salt, sugar*, white pepper*, onion powder*, coriander*, * organic ingredients certified organic by Certification and Testing Centre, LV-BIO-02 (total percentage of organic ingredients 22.5%)

Allergy advice: For allergens, see ingredients in bold

Net weight: **110g** Best before: See end of pack

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FISH 4 EVER
SIDE

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