

GLUE AREA
MUST REMAIN BLANK

MARKING AREA
LIGHT COLORED RECOMMENDED

FISH 4 EVER
Smoked Sprats in organic olive oil

Sustainably-fished Smoked Sprats in Organic Olive Oil

Sustainably-fished spratts caught by local boats
in the Baltic Sea.

Ingredients: Smoked **sprats** (75%), extra virgin olive oil* (24.1%), salt.
*organic ingredients certified organic by Certification and Testing Centre, LV-BIO-02
(total percentage of organic ingredients 24.1%)

Allergy advice: For allergens, see ingredients in bold

NUTRITION INFORMATION	Per serving	Typical value per 100g (drained)
Servings per package: 1 Serving size: 110g		
Energy	926kJ/222kcal	842kJ/ 202kcal
Fat - Total	15.4g	14g
of which saturates	3.19g	2.9g
Carbohydrates	0g	0g
of which sugars	0g	0g
Protein	22g	20g
Salt	1.43g	1.3g
Sodium	572mg	520mg
Omega 3	3.19g	2.9g

Net weight **110g**
Drained weight **77g**

Best before: see end of pack

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

GLUE AREA
MUST REMAIN BLANK

Trace your fish



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

Made in Latvia



High in
Omega
3

FISH 4 EVER
Sustainably-fished smoked Sprats
in organic olive oil

FISH 4 EVER

A001784EK



GLUE AREA
MUST REMAIN BLANK