

GLUE AREA  
MUST REMAIN BLANK

## 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		
Servings per package: 1		
Serving size: 110g		
	Per serving	Typical value per 100g (drained)
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](http://www.fish4ever.co.uk). Imported in Australia by First Ray,  
Suite 173 / 137 Cardigan St, Carlton, 3053 VIC Australia.[www.firstray.com.au](http://www.firstray.com.au)

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MARKING AREA  
LIGHT COLORED RECOMMENDED

**FISH 4 EVER**  
Smoked Sprats in organic olive oil

Trace your fish



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

Made in Latvia



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

**FISH 4 EVER**

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