204

13 64 32 64 31

28 15 88 70 1 5 70 6 20 31

171 109 107 109

Sustainably-fished
Mackerel in spring water

Ingredients: **Mackerel (70%)**, spring water

Allergy advice: For allergens, see ingredients in **bold** | **Contains fish**

Every effort has been taken to remove bones from this product, but some may remain.

| NUTRITION INFORMATION<br>Servings per package: 2<br>Serving size: 42g (Drained weight) | Per serving | Typical value per 100g (drained) |
|---|---|---|
| Energy | 388kJ/ 93.2kcal | 924kJ/ 222kcal |
| Fat - Total | 7g | 16.6g |
| of which saturates | 1.35g | 3.2g |
| Carbohydrates | 0g | 0g |
| of which sugars | 0g | 0g |
| Protein | 7.64g | 18.2g |
| Salt | 0.04g | 0.1g |
| Sodium | 16mg | 40mg |
| Omega 3 | 1.34g | 3.2g |

Net weight **125g**

Drained weight **85g**

Best before: see side of pack

Once opened, keep refrigerated and consume within two days.
Produced in Scotland with Mackerel caught in the North East Atlantic 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

GB BB008

Trace your fish: Enter the code at www.fish4ever.co.uk

FISH 4 EVER
Sustainably-fished Mackerel in spring water

High in Omega 3

FISH4EVER
Sustainably-fished
Mackerel
in spring water
125g

Made in Scotland

FISH 4 EVER
Sustainably-fished Mackerel in spring water

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