

Ruly Tropical Crush General Info

Features:

- * 80mg caffeine per pack (same as a standard 180ml cup of coffee)
- * Vitamin B6 & B12 support energy-yielding metabolism
- * Guarana a natural source of caffeine
- * 3g of protein per pack
- * Delicious intensely fruity taste
- * Easy to carry, easy to enjoy
- * 28 gummies per bag, energy at your pace
- * 12 x 42g packs per box
- * No artificial colours or preservatives
- * Zero fat

Ingredients:

Glucose syrup, sugar, gelatine, acid: citric acid; natural flavourings, caffeine, food concentrates (sweet potato, apple, radish, cherry), guarana extract, vitamin B6, vitamin B12, glazing agent: carnauba wax.

Nutritional Breakdown:

Nutrition Typical Values		Per 100g	Per pack	
Energy		1478 kJ/ 348 kcal	621 kJ/ 146 kcal	
Fat of which saturates		<0.5g 0g	<0.5g 0g	
Carbohydrate of which sugars		77g 50g	32g 21g	
Protein		7.3g	3.1g	
Salt		0.05g	0.02g	
Caffeine		190mg	80mg	
Vitamins	Per 100g	Per pack	% NRV per 100g	% NRV per pack
Vitamin B6	0.67mg	0.28mg	48%	20%
Vitamin B12	1.2µg	0.5µg	48%	20%
*NRV = Nutrient Reference Value				

Suggested Use:

- * Store in a cool, dry place away from direct sunlight
- * Contains caffeine, not recommended for children or pregnant women
- * Caffeine content per 42g bag is 80mg. Maximum recommended caffeine consumption for adults per day is 400mg.