

148mm

Typical Nutritional Values	Per 0.2ml spray	Per 100ml
Energy	4.46kJ/1Kcal	2231kJ 531Kcal
Fat	0.11g	56.7g
of which Saturates	0.026g	13.0g
Carbohydrate	0.0g	0.0g
of which Sugars	0.0g	0.0g
Protein	0.0g	0.0g
Salt	0.0g	0.0g

Omega-3 (Alpha Linolenic Acid) 3.14g per 100ml

Guarantee: We hope you love our groovy product. Should you be in any way dissatisfied with this product, please return to us for a full refund. The customer is always right, right? Your statutory rights won't be affected.

the groovy food company

ORGANIC Cooking Spray with Virgin Coconut Oil

ONE CALORIE

SOIL ASSOCIATION ORGANIC

Organic Rapeseed Oil & Organic Coconut Oil Emulsion Spray

One calorie per spray, gluten free, rich in omega 3, suitable for vegans and vegetarians.

Directions: Shake well before use. Press nozzle several times before first use. For frying, baking and roasting.

Ingredients: Organic Vegetable Oils (Organic Rapeseed Oil, Organic Virgin Coconut Oil (10%), Water, Organic Alcohol, Natural Coconut Flavouring, Emulsifier (Organic Sunflower Lecithin), Preservative (Citric Acid), Thickener (Xanthan Gum).

Storage: Store in cool dark place. DO NOT refrigerate. Spray will perform best at room temperature.

Portion Sizes: Total number of servings: 190*
*Using 5 sprays per cook.

Country of Origin: UK

190ml

www.groovyfood.co.uk

Widely Recycled

Barcode: 5 038695 460194

Best Before End:

The Groovy Food Company Ltd, EX3 0PW
JRN Distribution Ltd, Limerick House, Limerick Lane,
Newbridge, Co. Kildare

115mm

Barcode Information:**Type:** EAN 13**Code:** 5038695460194**Size:** 80%**BWR:** 70**ARTWORK NOTES**

Please address these issues before returning the proof for amendments or approval.

1. The One Calorie text was made up of CMYK so have changed to a black with transparency of 71% to match previous colour, please advise if correct.



Reflex

Reflex Labels Ltd Leeds

Smith Way,
Ossett, Wakefield,
West Yorkshire, WF5 9JZ
Tel: 01977 668805

Description: The Groovy Food Company Organic Cooking Spray with Virgin Coconut Oil F R257792

V1

Customer: NON RETAILER**CSR:** Jayne Tyreman**Dimensions:** 148.00 x 115.00 mm**Lead Edge:** LEFT**Job Number:** R296746**Date:** 01.06.2023**Cutter Reference:****Tray:****Brief Number:** 425667**Operator:** Trent M**Profile:** RL41_Synth_White

Colour Info	Cyan 175.0 7.5	Yellow 175.0 82.5	P631 175.0 37.5
	Magenta 175.0 37.5	Black 175.0 67.5	

Technical Info	Cutter
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1	Read ↑ Outside Wound Head Leading	2	Read ↑ Outside Wound Foot Leading	3	Read ↑ Outside Wound Right Hand Edge Leading	4	Read ↑ Outside Wound Left Hand Edge Leading
5	Read ↑ Inside Wound Head Leading	6	Read ↑ Inside Wound Foot Leading	7	Read ↑ Inside Wound Right Hand Edge Leading	8	Read ↑ Inside Wound Left Hand Edge Leading

On approval, customer MUST also approve specifications for supply of labels (Lead Edge, Labels per Reel etc.).
Please check this proof carefully to ensure that we have interpreted all your instructions correctly before signing and returning this copy.
Approval will ONLY be accepted upon the receipt of a written email, fax or letter. No liability can be accepted for errors or omissions once this proof has been approved.
This low resolution proof should be used only as a guide to layout, content and colour separation. IT SHOULD NOT BE USED TO ASSESS IMAGE QUALITY OR COLOUR ACCURACY.