

WE ARE PASSIONATE ABOUT MAKING  
SURE EVERYONE HAS ACCESS TO FRESH  
FRUIT AND VEG. FIND OUT MORE AT

**WWW.MOCKINGBIRDRAWPRESS.COM**

**COLD-PRESSED BLEND OF FRUIT AND VEGETABLE PURÉES,  
JUICE, SPIRULINA AND ADDED VITAMIN C. INGREDIENTS:**  
4 PRESSED APPLES (51%), CRUSHED SPINACH (15%), ½ PRESSED  
PEAR (14%), MASHED BANANA, CRUSHED BROCCOLI (4%),  
CRUSHED KALE (4%), SQUEEZE OF LEMON, ⅓ CRUSHED KIWI (3%),  
SPRINKLE OF SPIRULINA, DASH OF SAFFLOWER, VITAMIN C  
(ASCORBIC ACID).

NUTRITION INFO	PER 100ML	PER 150ML
ENERGY	188kJ/44kcal	282kJ/66kcal
FAT	0.1g	0.15g
OF WHICH SATURATES	0g	0g
CARBOHYDRATE	9.8g	14.7g
OF WHICH SUGARS <sup>†</sup>	8.0g	12g
FIBRE	0.7g	1.05g
PROTEIN	0.7g	1.05g
SALT	0.06g	0.09g
VITAMIN C	12mg (15%*)	18mg (22.5%*)

THIS SMOOTHIE IS HIGH IN VITAMIN C. VITAMIN C  
CONTRIBUTES TO THE NORMAL FUNCTION OF THE  
IMMUNE SYSTEM. ENJOY AS PART OF A HEALTHY  
LIFESTYLE AND BALANCED DIET.

<sup>†</sup>NATURALLY OCCURRING FROM FRUIT.

WE NEVER ADD SUGAR. \*% REFERENCE INTAKE.

1 SERVING = 150ML.

THIS BOTTLE CONTAINS 5 SERVINGS.

**100% RECYCLABLE!**



750ml e

Mockingbird Raw Press  
82 St John Street, London EC1M 4JN  
20 Harcourt Street, Dublin 2 D02 H364

KEEP REFRIGERATED. SHAKE WELL AND ONCE OPEN DRINK WITHIN  
3 DAYS. HIGH PRESSURE PROCESSED (HPP). BEST BEFORE: SEE LID.