

Apple Juice (per 250 ml serving)		
	Amount	% Daily Value
Calories	110	
Fat	0 g	0 %
Saturated	0 g	0 %
Trans Fat	0 g	
Cholesterol	0 mg	
Sodium	3 mg	0 %
Carbohydrate	28 g	9 %
Fibre	0 g	0 %
Sugars	28 g	
Protien	0.3 g	
Vitamin A		0 %
Vitamin C		100 %
Calcium		0 %
Iron		0 %

Peach Juice (per 250ml serving)		
	Amount	% Daily Value
Calories	160	
Fat	0 g	0 %
Saturated	0 g	0 %
Trans Fat	0 g	
Cholesterol	0 mg	
Sodium	2 mg	0 %
Carbohydrate	28 g	9 %
Fibre	0 g	0 %
Sugars	28 g	
Protien	0 g	
Vitamin A		0 %
Vitamin C		100 %
Calcium		0 %
Iron		0 %

Fruit punch (per 250 ml serving)		
	Amount	% Daily Value
Calories	160	
Fat	0 g	0 %
Saturated	0 g	0 %
Trans Fat	0 g	
Cholesterol	0 mg	
Sodium	10 mg	0 %
Carbohydrate	28 g	9 %
Fibre	0 g	0 %
Sugars	27 g	
Protien	0.1 g	
Vitamin A		0 %
Vitamin C		100 %
Calcium		0 %
Iron		0 %

Blue Raspberry (per 250 ml serving)		
	Amount	% Daily Value
Calories	170	
Fat	0 g	0 %
Saturated	0 g	0 %
Trans Fat	0 g	
Cholesterol	0 mg	
Sodium	3 mg	0 %
Carbohydrate	27 g	9 %
Fibre	0 g	0 %
Sugars	27 g	
Protien	0.1 g	
Vitamin A		0 %
Vitamin C		100 %
Calcium		0 %
Iron		0 %

Grape (per 250 ml serving)		
	Amount	% Daily Value
Calories	160	
Fat	0 g	0 %
Saturated	0 g	0 %
Trans Fat	0 g	
Cholesterol	0 mg	
Sodium	3 mg	0 %
Carbohydrate	28 g	9 %
Fibre	0 g	0 %
Sugars	28 g	
Protien	0 g	
Vitamin A		0 %
Vitamin C		100 %
Calcium		0 %
Iron		0 %

Orange Juice (per 250 ml serving)		
	Amount	% Daily Value
Calories	100	
Fat	0 g	0 %
Saturated	0 g	0 %
Trans Fat	0 g	
Cholesterol	0 mg	
Sodium	5 mg	0 %
Carbohydrate	24 g	8 %
Fibre	1 g	3 %
Sugars	20 g	
Protien	2 g	
Vitamin A		20 %
Vitamin C		100 %
Calcium		2 %
Iron		2 %