

**Wild Child Ingredients and Nutritional Information:**

Natural flavourings; Citric Acid; Malic Acid; Vitamin C (Ascorbic Acid); Natural Sweetener: Stevia; Natural Colour: Beetroot Extract; Vitamin B3 (Niacinamide); Vitamin B5 (Calcium D-Pantothenate); Zinc; Vitamin B6 (Pyridoxine HCl); Vitamin B1 (Thiamine Mononitrate); Vitamin D2 (Ergocalciferol); Vitamin B12 (Cyanocobalamin)

<b>Diluted Spruce Sachet</b>	<b>100ml Diluted</b>	<b>400ml Diluted (1 serving)</b>
Energy kj (kcal)	4 kj (1 kcal)	16 kj (4 kcal)
Protein	0.0G	0.0G
Carbohydrates	0.3G	1.1G
of which sugars	0.0G	0.0G
Fats	0.0G	0.0G
of which saturates	0.0G	0.0G
Sodium	0.0G	0.0G
Vitamin D	0.5MCG (10% NRV)	2MCG (40% NRV)
Vitamin C	10MG (13% NRV)	40MG (50% NRV)
Vitamin B1	0.13MG (11% NRV)	0.5MG (45% NRV)
Vitamin B3	1.88MG (12% NRV)	7.5MG (47% NRV)
Vitamin B5	0.75MG (13% NRV)	3MG (50% NRV)
Vitamin B6	0.18MG (13% NRV)	0.7MG (50% NRV)
Vitamin B12	0.25MCG (10% NRV)	1MCG (40% NRV)
Zinc	0.38MG (4% NRV)	1.5MG (15% NRV)

**Mellow Ingredients and Nutritional Information:**

Natural flavourings; Citric Acid; Malic Acid; Vitamin C (Ascorbic Acid); Natural Sweetener: Stevia; Natural Colour: Beetroot Extract, Safflower Extract; Vitamin B3 (Niacinamide); Vitamin B5 (Calcium D-Pantothenate); Zinc; Vitamin B6 (Pyridoxine HCl); Vitamin B1 (Thiamine Mononitrate); Vitamin D2 (Ergocalciferol); Vitamin B12 (Cyanocobalamin)

<b>Diluted Spruce Sachet</b>	<b>100ml Diluted</b>	<b>400ml Diluted (1 serving)</b>
Energy kj (kcal)	4 kj (1 kcal)	14 kj (3 kcal)
Protein	0.0G	0.0G
Carbohydrates	0.3G	1.0G
of which sugars	0.0G	0.0G
Fats	0.0G	0.0G
of which saturates	0.0G	0.0G
Sodium	0.0G	0.0G
Vitamin D	0.5MCG (10% NRV)	2MCG (40% NRV)
Vitamin C	10MG (13% NRV)	40MG (50% NRV)
Vitamin B1	0.13MG (11% NRV)	0.5MG (45% NRV)
Vitamin B3	1.88MG (12% NRV)	7.5MG (47% NRV)
Vitamin B5	0.75MG (13% NRV)	3MG (50% NRV)
Vitamin B6	0.18MG (13% NRV)	0.7MG (50% NRV)
Vitamin B12	0.25MCG (10% NRV)	1MCG (40% NRV)
Zinc	0.38MG (4% NRV)	1.5MG (15% NRV)

**Garden Party Ingredients and Nutritional Information:**

Natural flavourings; Citric Acid; Malic Acid; Vitamin C (Ascorbic Acid); Natural Sweetener: Stevia; Natural Colour: Safflower Extract; Vitamin B3 (Niacinamide); Vitamin B5 (Calcium D-Pantothenate); Zinc; Vitamin B6 (Pyridoxine HCl); Vitamin B1 (Thiamine Mononitrate); Vitamin D2 (Ergocalciferol); Vitamin B12 (Cyanocobalamin)

<b>Diluted Spruce Sachet</b>	<b>100ml Diluted</b>	<b>400ml Diluted (1 serving)</b>
Energy kj (kcal)	4 kj (1 kcal)	13 kj (3 kcal)
Protein	0.0G	0.0G
Carbohydrates	0.2G	1.0G
of which sugars	0.0G	0.0G
Fats	0.0G	0.0G
of which saturates	0.0G	0.0G
Sodium	0.0G	0.0G
Vitamin D	0.5MCG (10% NRV)	2MCG (40% NRV)
Vitamin C	10MG (13% NRV)	40MG (50% NRV)
Vitamin B1	0.13MG (11% NRV)	0.5MG (45% NRV)
Vitamin B3	1.88MG (12% NRV)	7.5MG (47% NRV)
Vitamin B5	0.75MG (13% NRV)	3MG (50% NRV)
Vitamin B6	0.18MG (13% NRV)	0.7MG (50% NRV)
Vitamin B12	0.25MCG (10% NRV)	1MCG (40% NRV)
Zinc	0.38MG (4% NRV)	1.5MG (15% NRV)

**Black Cherry Ingredients and Nutritional Information:**

Natural flavourings; Citric Acid; Malic Acid; Vitamin C (Ascorbic Acid); Natural Sweetener: Stevia; Natural Colour: Cranberry Extract; Vitamin B3 (Niacinamide); Vitamin B5 (Calcium D-Pantothenate); Zinc; Vitamin B6 (Pyridoxine HCl); Vitamin B1 (Thiamine Mononitrate); Vitamin D2 (Ergocalciferol); Vitamin B12 (Cyanocobalamin)

<b>Diluted Spruce Sachet</b>	<b>100ml Diluted</b>	<b>400ml Diluted (1 serving)</b>
Energy kj (kcal)	4 kj (1 kcal)	13 kj (3 kcal)
Protein	0.0G	0.0G
Carbohydrates	0.2G	1.0G
of which sugars	0.0G	0.0G
Fats	0.0G	0.0G
of which saturates	0.0G	0.0G
Sodium	0.0G	0.0G
Vitamin D	0.5MCG (10% NRV)	2MCG (40% NRV)
Vitamin C	10MG (13% NRV)	40MG (50% NRV)
Vitamin B1	0.13MG (11% NRV)	0.5MG (45% NRV)
Vitamin B3	1.88MG (12% NRV)	7.5MG (47% NRV)
Vitamin B5	0.75MG (13% NRV)	3MG (50% NRV)
Vitamin B6	0.18MG (13% NRV)	0.7MG (50% NRV)
Vitamin B12	0.25MCG (10% NRV)	1MCG (40% NRV)
Zinc	0.38MG (4% NRV)	1.5MG (15% NRV)

