Nutrition Booklet

Coca-Cola freestyle

Contents page



page 3



page 6



page 9



page 10



page 17



page 26



page 34



page 38



page 42



page 50



page 58



page 66



page 74



page 80



page 86



page 91



page 99



page 105



page 111

Some of the beverages in this booklet may not be available on the Freestyle machine in your outlet or country.

For more information, please contact your Coca-Cola Representative who will be happy to help.



Filtered Water With Added Electrolytes.

Ingredients: Water, Electrolytes (Calcium Chloride, Magnesium Chloride, Potassium Carbonates), Acid (Phosphoric Acid).

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	0	0	0.0	0.0	0.01
9oz	0	0	0.0	0.0	0.01
12oz	0	0	0.0	0.0	0.02
16oz	0	0	0.0	0.0	0.02
22oz	0	0	0.0	0.0	0.03
32oz	0	0	0.0	0.0	0.05
Fat, Saturates, Protein - negligible amount					



Low calorie lemon flavour soft drink

Ingredients: Water, acidifiers (E 330, E 338), acidity regulators (E 331, E 500), natural flavouring, stabilizers (E 414, E 445), preservative E 211.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	1	0	0.0	0.0	0.01
9oz	2	0	0.0	0.0	0.02
12oz	2	1	0.0	0.0	0.03
16oz	3	1	0.0	0.0	0.03
22oz	4	1	0.0	0.0	0.05
32oz	6	1	0.0	0.0	0.07
Fat, Saturates, Protein - negligible amount					



Low calorie lime flavour soft drink

Ingredients: Water, Flavourings, Acidity Regulators (Calcium Chloride, Sodium Citrates, Magnesium Chloride, Potassium Bicarbonate), Acid (Phosphoric Acid).

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	9	2	0.0	0.0	0.01
9oz	23	5	0.0	0.0	0.01
12oz	30	7	0.0	0.0	0.02
16oz	40	10	0.0	0.0	0.02
22oz	56	13	0.0	0.0	0.03
32oz	81	19	0.0	0.0	0.05
Fat, Saturates, Protein - negligible amount					



Sparkling Water with Added Electrolytes.

Ingredients: Carbonated Water, Electrolytes (Calcium Chloride, Magnesium Chloride, Potassium Bicarbonate), Acid (Phosphoric Acid).

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	0	0	0.0	0.0	0.01
9oz	0	0	0.0	0.0	0.01
12oz	0	0	0.0	0.0	0.02
16oz	0	0	0.0	0.0	0.02
22oz	0	0	0.0	0.0	0.03
32oz	0	0	0.0	0.0	0.05
Fat, Saturates, Protein - negligible amount					



Sparkling lemon flavour soft drink.

Ingredients: Carbonated Water, Stabilisers (E414, E445), Flavourings, Acids (E330, E338), Acidity Regulators (Calcium Chloride, Magnesium Chloride, Potassium Bicarbonate), Preservative (E211).

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	0	0	0.0	0.0	0.01
9oz	0	0	0.0	0.0	0.01
12oz	0	0	0.0	0.0	0.02
16oz	0	0	0.0	0.0	0.02
22oz	0	0	0.0	0.0	0.03
32oz	0	0	0.0	0.0	0.05
Fat, Saturates, Protein - negligible amount					



Sparkling lime flavour soft drink.

Ingredients: Carbonated Water, Flavourings, Acid (phosphoric Acid), Acidity Regulators (Calcium Chloride, Magnesium Chloride, Potassium Bicarbonate).

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	7	2	0.0	0.0	0.01
9oz	18	4	0.0	0.0	0.01
12oz	24	6	0.0	0.0	0.02
16oz	32	8	0.0	0.0	0.02
22oz	44	11	0.0	0.0	0.03
32oz	64	15	0.0	0.0	0.05
Fat, Saturates, Protein - negligible amount					

Sparkling Soft Drink with Vegetable Extracts.

Ingredients: Carbonated Water, Invert Sugar Syrup, Colour (Caramel E150d), Phosphoric Acid, Flavourings Including Caffeine.

Coca-Cola Original is a full-sugar drink.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	194	46	11.6	11.6	0.01
9oz	497	119	29.6	29.6	0.03
12oz	662	158	39.5	39.5	0.04
16oz	883	211	52.7	52.7	0.06
22oz	1214	290	72.5	72.5	0.08
32oz	1765	422	105.4	105.4	0.12
Fat, Saturates, Protein - negligible amount					

Diet Coke

Sparkling Low Calorie Soft Drink with Vegetable Extracts with Sweeteners.

Ingredients: Carbonated Water, Colour (Caramel E150d), Phosphoric Acid, Citric Acid, Flavourings Including Caffeine, Sweeteners (Aspartame, Acesulfame K), Preservative (Sodium Benzoate), Acidity Regulator (Sodium Citrate), Anti-Foaming Agent (E900).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	1	0	0.0	0.0	0.01
9oz	3	1	0.1	0.1	0.02
12oz	4	1	0.1	0.1	0.02
16oz	6	1	0.1	0.1	0.03
22oz	8	2	0.2	0.2	0.04
32oz	11	3	0.3	0.3	0.06
Fat, Saturates, Protein - negligible amount					



Sparkling Low Calorie Cherry Flavour Soft Drink with Plant Extracts with Sweeteners.

Ingredients: Carbonated Water, Flavourings, Colour (E 150d), Acids (E 338, E 330), Sweeteners (Aspartame, Acesulfame K), Fruit And Vegetable Concentrates (Carrot, Blackcurrant), Caffeine Flavouring, Preservative (E 211), Anti-Foaming Agent (E 900), Acidity Regulator (E 331).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	10	2	0.2	0.1	0.01
9oz	24	6	0.6	0.1	0.02
12oz	32	8	0.8	0.2	0.02
16oz	43	10	1.1	0.2	0.03
22oz	59	14	1.5	0.3	0.04
32oz	87	21	2.2	0.5	0.06
Fat, Saturates, Protein - negligible amount					



Sparkling Low Calorie Vanilla Flavour Soft Drink with Vegetable Extracts with Sweeteners.

Ingredients: Carbonated Water, Colour (Caramel E150d), Phosphoric Acid, Citric Acid, Flavourings Including Caffeine, Sweeteners (Aspartame, Acesulfame K), Preservative (Sodium Benzoate), Acidity Regulator (Sodium Citrate), Anti-foaming Agent (E900).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	10	2	0.3	0.0	0.01
9oz	24	6	0.6	0.1	0.02
12oz	32	8	0.9	0.1	0.02
16oz	43	10	1.1	0.1	0.03
22oz	59	14	1.6	0.2	0.04
32oz	87	21	2.3	0.3	0.06
Fat, Saturates, Protein - negligible amount					



Sparkling Low Calorie Raspberry Flavour Soft Drink with Vegetable Extracts with Sweeteners.

Ingredients: Carbonated Water, Colour (Caramel E150d), Phosphoric Acid , Citric Acid, Flavourings Including Caffeine, Fruit and Vegetable Concentrates (Blackcurrant, Carrot), Sweeteners (Aspartame, Acesulfame K), Preservatives (Sodium Benzoate), Acidity Regulator (Sodium Citrate), Anti-Foaming Agent (E900).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	5	1	0.2	0.0	0.01
9oz	14	3	0.4	0.1	0.02
12oz	19	4	0.5	0.1	0.02
16oz	25	6	0.7	0.2	0.03
22oz	34	8	1.0	0.2	0.04
32oz	50	12	1.4	0.3	0.06
Fat, Saturates, Protein - negligible amount					



Sparkling Low Calorie Lime Flavour Soft Drink with Vegetable Extracts with Sweeteners.

Ingredients: Carbonated Water, Colour (Caramel E150d), Phosphoric Acid, Citric Acid, Flavourings Including Caffeine, Sweeteners (Aspartame, Acesulfame K), Preservative (Sodium Benzoate), Acidity Regulator (Sodium Citrate), Anti-foaming Agent (E900).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	5	1	0.0	0.0	0.01
9oz	13	3	0.1	0.1	0.02
12oz	18	4	0.1	0.1	0.02
16oz	23	6	0.1	0.1	0.03
22oz	32	8	0.2	0.2	0.04
32oz	47	11	0.3	0.3	0.06
Fat, Saturates, Protein - negligible amount					



Sparkling Low Calorie Cherry-Vanilla Flavour Soft Drink with Vegetable Extracts with Sweeteners.

Ingredients: Carbonated Water, Colour (Caramel E150d), Phosphoric Acid, Citric Acid, Flavourings Including Caffeine, Fruit and Vegetable Concentrates (Blackcurrant, Carrot), Sweeteners (Aspartame, Acesulfame K), Preservative (Sodium Benzoate), Acidity Regulator (Sodium Citrate), Anti-Foaming Agent (E900).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	8	2	0.2	0.0	0.01
9oz	19	5	0.5	0.1	0.02
12oz	26	6	0.7	0.1	0.02
16oz	34	8	0.9	0.2	0.03
22oz	47	11	1.2	0.2	0.04
32oz	68	16	1.8	0.4	0.06
Fat, Saturates, Protein - negligible amount					



Sparkling Low Calorie Orange Flavour Soft Drink with Vegetable Extracts with Sweeteners.

Ingredients: Carbonated Water, Colours (Caramel E150d, Carotenes), Phosphoric Acid, Citric Acid, Stabilisers (Acacia Gum, Glycerol Esters of Wood Rosins), Flavourings Including Caffeine, Sweeteners (Aspartame, Acesulfame K), Preservatives (Sodium Benzoate, Potassium Sorbate), Acidity Regulator (Sodium Citrate), Antioxidant (E307), Anti-Foaming Agent (E900).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	2	1	0.1	0.0	0.01
9oz	4	1	0.2	0.1	0.02
12oz	5	1	0.2	0.1	0.02
16oz	7	2	0.3	0.2	0.03
22oz	10	2	0.4	0.2	0.05
32oz	15	4	0.5	0.3	0.07
Fat, Saturates, Protein - negligible amount					



Sparkling Low Calorie Soft Drink with Vegetable Extracts with Sweeteners.

Ingredients: Carbonated Water, Colour (Caramel E150d), Phosphoric Acid, Citric Acid, Sweeteners (Aspartame, Acesulfame K), Flavourings Including Caffeine, Acidity Regulator (Sodium Citrate), Preservative (Sodium Benzoate), Anti-Foaming Agent (E900).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	1	0	0.0	0.0	0.01
9oz	3	1	0.1	0.1	0.04
12oz	4	1	0.1	0.1	0.05
16oz	5	1	0.2	0.2	0.07
22oz	7	2	0.2	0.2	0.09
32oz	10	2	0.3	0.3	0.13
Fat, Saturates, Protein - negligible amount					



Sparkling Low Calorie Cherry Flavour Soft Drink with Plant Extracts, with Sweeteners.

Ingredients: Carbonated Water, Flavourings, Colour (E 150d), Acid (E 338), Sweeteners (Aspartame, Acesulfame K), Fruit And Vegetable Concentrates (Carrot, Blackcurrant), Acidity Regulator (E 331), Caffeine Flavouring, Preservative (E 211), Anti-Foaming Agent (E 900).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	9	2	0.2	0.1	0.02
9oz	24	6	0.6	0.1	0.04
12oz	32	8	0.8	0.2	0.05
16oz	42	10	1.1	0.2	0.07
22oz	58	14	1.5	0.3	0.09
32oz	85	20	2.2	0.5	0.14
Fat, Saturates, Protein - negligible amount					



Sparkling Low Calorie Orange Flavour Soft Drink with Vegetable Extracts with Sweeteners.

Ingredients: Carbonated Water, Colours (Caramel E150d, Carotenes), Phosphoric Acid, Citric Acid, Stabilisers (Acacia Gum, Glycerol Esters of Wood Rosins), Flavourings Including Caffeine, Sweeteners (Aspartame, Acesulfame K), Acidity Regulator (Sodium Citrate), Preservatives (Sodium Benzoate, Potassium Sorbate), Antioxidant (E307), Anti-foaming Agent (E900).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	1	0	0.1	0.0	0.02
9oz	4	1	0.2	0.1	0.04
12oz	5	1	0.2	0.1	0.05
16oz	7	2	0.3	0.2	0.07
22oz	9	2	0.4	0.2	0.09
32oz	13	3	0.6	0.3	0.14
Fat, Saturates, Protein - negligible amount					



Sparkling Low Calorie Vanilla Flavour Soft Drink with Vegetable Extracts with Sweeteners.

Ingredients: Carbonated Water, Colour (Caramel E150d), Phosphoric Acid, Citric Acid, Sweeteners (Aspartame, Acesulfame K), Flavourings Including Caffeine, Acidity Regulator (Sodium Citrate), Preservative (Sodium Benzoate), Anti-Foaming Agent (E900).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	9	2	0.3	0.0	0.01
9oz	24	6	0.6	0.1	0.04
12oz	32	8	0.9	0.1	0.05
16oz	42	10	1.1	0.2	0.07
22oz	58	14	1.6	0.2	0.09
32oz	85	20	2.3	0.3	0.13
Fat, Saturates, Protein - negligible amount					



Sparkling Low Calorie Raspberry Flavour Soft Drink with Vegetable Extracts with Sweeteners.

Ingredients: Carbonated Water, Colour (Caramel E150d), Phosphoric Acid , Citric Acid, Flavourings Including Caffeine, Fruit and Vegetable Concentrates (Blackcurrant, Carrot), Sweeteners (Aspartame, Acesulfame K), Acidity Regulator (Sodium Citrate), Preservatives (Sodium Benzoate), Anti-foaming Agent (E900).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	5	1	0.2	0.0	0.01
9oz	13	3	0.4	0.1	0.04
12oz	18	4	0.5	0.1	0.05
16oz	24	6	0.7	0.2	0.07
22oz	33	8	1.0	0.2	0.09
32oz	48	11	1.4	0.4	0.13
Fat, Saturates, Protein - negligible amount					



Sparkling Low Calorie Lemon Flavour Soft Drink with Vegetable Extracts with Sweeteners.

Ingredients: Carbonated Water, Colours (Caramel E150d, Carotenes), Phosphoric Acid, Citric Acid, Stabilisers (E1450, Glycerol Esters of Wood Rosins), Flavourings Including Caffeine, Sweeteners (Aspartame, Acesulfame K), Acidity Regulator (Sodium Citrate), Preservative (Sodium Benzoate), Anti-foaming Agent (E900).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	1	0	0.0	0.0	0.01
9oz	3	1	0.1	0.1	0.04
12oz	4	1	0.1	0.1	0.05
16oz	5	1	0.2	0.2	0.07
22oz	7	2	0.2	0.2	0.09
32oz	11	3	0.3	0.3	0.13
Fat, Saturates, Protein - negligible amount					



Sparkling Low Calorie Lime Flavour Soft Drink with Vegetable Extracts with Sweeteners.

Ingredients: Carbonated Water, Colour (Caramel E150d), Phosphoric Acid, Citric Acid, Flavourings Including Caffeine, Sweeteners (Aspartame, Acesulfame K), Acidity Regulator (Sodium Citrate), Preservative (Sodium Benzoate), Anti-foaming Agent (E900).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	5	1	0.0	0.0	0.01
9oz	13	3	0.1	0.1	0.04
12oz	17	4	0.1	0.1	0.05
16oz	23	5	0.2	0.2	0.07
22oz	31	7	0.2	0.2	0.09
32oz	45	11	0.3	0.3	0.13
Fat, Saturates, Protein - negligible amount					



Sparkling Low Calorie Cherry and Vanilla Flavour Soft Drink with Plant Extracts, with Sweeteners.

Ingredients: Carbonated Water, Flavourings, Colour (E 150d), Acids (E 338, E330), Sweeteners (Aspartame, Acesulfame K), Fruit And Vegetable Concentrates (Carrot, Blackcurrant), Acidity Regulator (E 331), Caffeine Flavouring, Preservative (E 211), Anti-Foaming Agent (E 900).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	8	2	0.2	0.0	0.01
9oz	21	5	0.6	0.1	0.04
12oz	28	7	0.8	0.1	0.05
16oz	38	9	1.0	0.2	0.07
22oz	52	12	1.4	0.3	0.09
32oz	76	18	2.0	0.4	0.13
Fat, Saturates, Protein - negligible amount					



Sparkling Low Calorie Peach Flavour Soft Drink with Vegetable Extracts with Sweeteners.

Ingredients: Carbonated Water, Colour (Caramel E150d), Acids (Phosphoric Acid, Citric Acid), Sweeteners (Aspartame, Acesulfame K), Natural Flavourings Including Caffeine, Acidity Regulator (Sodium Citrates), Preservative (Sodium Benzoate), Fruit And Vegetable Concentrates (Carrot, Blackcurrant), Anti-Foaming Agent (E900).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	6	1	0.1	0.0	0.01
9oz	14	3	0.4	0.1	0.04
12oz	19	4	0.5	0.1	0.05
16oz	25	6	0.6	0.2	0.07
22oz	34	8	0.9	0.2	0.09
32oz	50	12	1.2	0.3	0.14
Fat, Saturates, Protein - negligible amount					



Sparkling Caffeine Free Low Calorie Soft Drink with Vegetable Extracts with Sweeteners.

Ingredients: Carbonated Water, Colour (Caramel E150d), Phosphoric Acid, Citric Acid, Sweeteners (Aspartame, Acesulfame K), Flavourings, Preservative (Sodium Benzoate), Acidity Regulator (Sodium Citrate), Anti-foaming Agent (E900).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	1	0	0.0	0.0	0.01
9oz	3	1	0.1	0.1	0.04
12oz	4	1	0.1	0.1	0.05
16oz	5	1	0.2	0.2	0.07
22oz	7	2	0.2	0.2	0.09
32oz	10	2	0.3	0.3	0.13
Fat, Saturates, Protein - negligible amount					



Sparkling Caffeine Free Cherry Flavour Low Calorie Soft Drink with Vegetable Extracts with Sweeteners.

Ingredients: Carbonated Water, Colour (Caramel E150d), Phosphoric Acid, Citric Acid, Flavourings, Fruit and Vegetable Concentrates (Blackcurrant, Carrot), Sweeteners (Aspartame, Acesulfame K), Preservative (Sodium Benzoate), Acidity Regulator (Sodium Citrate), Anti-foaming Agent (E900).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	9	2	0.2	0.1	0.02
9oz	24	6	0.6	0.1	0.04
12oz	32	8	0.8	0.2	0.05
16oz	43	10	1.1	0.2	0.07
22oz	58	14	1.5	0.3	0.09
32oz	85	20	2.2	0.5	0.14
Fat, Saturates, Protein - negligible amount					



Sparkling Caffeine Free Vanilla Flavour Low Calorie Soft Drink with Vegetable Extracts with Sweeteners.

Ingredients: Carbonated Water, Colour (Caramel E150d), Citric Acid, Phosphoric Acid, Flavourings, Sweeteners (Aspartame, Acesulfame K), Fruit and Vegetable Concentrates (Blackcurrant, Carrot), Preservative (Sodium Benzoate), Acidity Regulator (Sodium Citrate), Anti-foaming Agent (E900).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	9	2	0.3	0.0	0.01
9oz	24	6	0.6	0.1	0.04
12oz	32	8	0.9	0.1	0.05
16oz	42	10	1.1	0.2	0.07
22oz	58	14	1.6	0.2	0.09
32oz	85	20	2.3	0.3	0.13
Fat, Saturates, Protein - negligible amount					



Sparkling Caffeine Free Raspberry Flavour Low Calorie Soft Drink with Vegetable Extracts with Sweeteners.

Ingredients: Carbonated Water, Colour (Caramel E150d), Phosphoric Acid , Citric Acid, Flavourings, Fruit and Vegetable Concentrates (Blackcurrant, Carrot), Sweeteners (Aspartame, Acesulfame K), Preservatives (Sodium Benzoate), Acidity Regulator (Sodium Citrate), Anti-foaming Agent (E900).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	5	1	0.2	0.0	0.01
9oz	13	3	0.4	0.1	0.04
12oz	18	4	0.5	0.1	0.05
16oz	24	6	0.7	0.2	0.07
22oz	33	8	1.0	0.2	0.09
32oz	48	11	1.4	0.4	0.13
Fat, Saturates, Protein - negligible amount					



Sparkling Caffeine Free Lemon Flavour Low Calorie Soft Drink with Vegetable Extracts with Sweeteners.

Ingredients: Carbonated Water, Colours (Caramel E150d, Carotenes), Phosphoric Acid, Citric Acid, Stabilisers (E1450, Glycerol Esters of Wood Rosins), Flavourings, Sweeteners (Aspartame, Acesulfame K), Preservatives (Sodium Benzoate, Potassium Sorbate), Acidity Regulator (Sodium Citrate), Antioxidant (E307), Anti-foaming Agent (E900).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	1	0	0.0	0.0	0.01
9oz	3	1	0.1	0.1	0.04
12oz	4	1	0.1	0.1	0.05
16oz	5	1	0.2	0.2	0.07
22oz	7	2	0.2	0.2	0.09
32oz	11	3	0.3	0.3	0.13
Fat, Saturates, Protein - negligible amount					



Sparkling Caffeine Free Lime Flavour Low Calorie Soft Drink with Vegetable Extracts with Sweeteners.

Ingredients: Carbonated Water, Colour (Caramel E150d), Phosphoric Acid, Citric Acid, Flavourings, Sweeteners (Aspartame, Acesulfame K), Preservative (Sodium Benzoate), Acidity Regulator (Sodium Citrate), Anti-foaming Agent (E900).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	5	1	0.0	0.0	0.01
9oz	13	3	0.1	0.1	0.04
12oz	17	4	0.1	0.1	0.05
16oz	23	5	0.2	0.2	0.07
22oz	31	7	0.2	0.2	0.09
32oz	45	11	0.3	0.3	0.13
Fat, Saturates, Protein - negligible amount					



Sparkling Caffeine Free Cherry-Vanilla Flavour Low Calorie Soft Drink with Vegetable Extracts with Sweeteners.

Ingredients: Carbonated Water, Colour (Caramel E150d), Citric Acid, Phosphoric Acid, Flavourings, Sweeteners (Aspartame, Acesulfame K), Fruit and Vegetable Concentrates (Blackcurrant, Carrot), Preservative (Sodium Benzoate), Acidity Regulator (Sodium Citrate), Anti-foaming Agent (E900).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	8	2	0.2	0.0	0.01
9oz	21	5	0.6	0.1	0.04
12oz	28	7	0.8	0.1	0.05
16oz	38	9	1.0	0.2	0.07
22oz	52	12	1.4	0.3	0.09
32oz	76	18	2.0	0.4	0.13
Fat, Saturates, Protein - negligible amount					



Sparkling Caffeine Free Orange Flavour Low Calorie Soft Drink with Vegetable Extracts with Sweeteners.

Ingredients: Carbonated Water, Colours (Caramel E150d, Carotenes), Phosphoric Acid, Citric Acid, Stabilisers (Acacia Gum, Glycerol Esters of Wood Rosins), Flavourings, Sweeteners (Aspartame, Acesulfame K), Preservatives (Sodium Benzoate, Potassium Sorbate), Acidity Regulator (Sodium Citrate), Antioxidant (E307), Anti-foaming Agent (E900).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	1	0	0.1	0.0	0.02
9oz	4	1	0.2	0.1	0.04
12oz	5	1	0.2	0.1	0.05
16oz	7	2	0.3	0.2	0.07
22oz	9	2	0.4	0.2	0.09
32oz	13	3	0.6	0.3	0.14
Fat, Saturates, Protein - negligible amount					



Sparkling Fruit Flavour Soft Drink with Sugar and Sweeteners.

Ingredients: Carbonated Water, Invert Sugar Syrup, Colour (Caramel E150d), Sweeteners (Aspartame, Acesulfame K), Phosphoric Acid, Flavourings Including Caffeine, Lactic Acid, Preservative (Sodium Benzoate), Anti-foaming Agent (E900).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	82	20	4.8	4.8	0.01
9oz	210	50	12.4	12.4	0.02
12oz	280	67	16.5	16.5	0.02
16oz	373	89	22.0	22.0	0.03
22oz	513	123	30.2	30.2	0.04
32oz	746	178	44.0	44.0	0.06
Fat, Saturates, Protein - negligible amount					



Sparkling Cherry Flavour Soft Drink with Sugar and Sweeteners.

Ingredients: Carbonated Water, Invert Sugar Syrup, Colour (Caramel E150d), Sweeteners (Aspartame, Acesulfame K), Phosphoric Acid, Flavourings Including Caffeine, Lactic Acid, Preservative (Sodium Benzoate), Fruit and Vegetable Concentrates (Blackcurrant, Carrot), Anti-foaming Agent (E900).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	80	19	4.4	4.3	0.01
9oz	204	49	11.4	10.9	0.02
12oz	272	65	15.2	14.5	0.02
16oz	362	87	20.2	19.4	0.03
22oz	498	119	27.8	26.6	0.05
32oz	724	173	40.4	38.7	0.07
Fat, Saturates, Protein - negligible amount					



Sparkling Cherry-Vanilla Flavour Soft Drink with Sugar and Sweeteners.

Ingredients: Carbonated Water, Invert Sugar Syrup, Colour (Caramel E150d), Sweeteners (Aspartame, Acesulfame K), Phosphoric Acid, Citric Acid, Flavourings Including Caffeine, Lactic Acid, Preservative (Sodium Benzoate), Fruit and Vegetable Concentrates (Blackcurrant, Carrot), Anti-foaming Agent (E900).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	80	19	4.4	4.3	0.01
9oz	204	49	11.4	10.9	0.02
12oz	272	65	15.2	14.5	0.02
16oz	362	87	20.2	19.4	0.03
22oz	498	119	27.8	26.6	0.05
32oz	724	173	40.4	38.7	0.07
Fat, Saturates, Protein - negligible amount					



Sparkling Strawberry Flavour Soft Drink with Sugar and Sweeteners.

Ingredients: Carbonated Water, Invert Sugar Syrup, Colour (Caramel E150d), Sweeteners (Aspartame, Acesulfame K), Phosphoric Acid, Flavourings Including Caffeine, Lactic Acid, Preservative (Sodium Benzoate), Fruit and Vegetable concentrates (Blackcurrant, Carrot), Anti-foaming Agent (E900).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	80	19	4.4	4.3	0.01
9oz	204	49	11.4	10.9	0.02
12oz	272	65	15.2	14.5	0.02
16oz	362	87	20.2	19.4	0.03
22oz	498	119	27.8	26.6	0.05
32oz	724	173	40.4	38.7	0.07
Fat, Saturates, Protein - negligible amount					



Sparkling Low Calorie Fruit Flavour Soft Drink with Sweeteners.

Ingredients: Carbonated Water, Colour (Caramel E150d), Phosphoric Acid, Sweeteners (Aspartame, Acesulfame K), Flavourings Including Caffeine, Preservative (Sodium Benzoate), Lactic Acid, Acidity Regulator (Sodium Citrate), Anti-Foaming Agent (E900).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	2	1	0.0	0.0	0.01
9oz	5	1	0.1	0.1	0.02
12oz	6	1	0.1	0.1	0.02
16oz	8	2	0.2	0.2	0.03
22oz	11	3	0.2	0.2	0.04
32oz	16	4	0.4	0.4	0.06
Fat, Saturates, Protein - negligible amount					



Sparkling Low Calorie Cherry Flavour Soft Drink with Sweeteners.

Ingredients: Carbonated Water, Colour (Caramel E150d), Phosphoric Acid, Sweeteners (Aspartame, Acesulfame K), Flavourings Including Caffeine, Preservative (Sodium Benzoate), Lactic Acid, Acidity Regulator (Sodium Citrate), Fruit and Vegetable Concentrates (Blackcurrant, Carrot), Anti-Foaming Agent (E900).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	10	2	0.2	0.1	0.01
9oz	26	6	0.6	0.1	0.02
12oz	34	8	0.8	0.2	0.03
16oz	46	11	1.1	0.3	0.03
22oz	63	15	1.6	0.4	0.05
32oz	92	22	2.3	0.5	0.07
Fat, Saturates, Protein - negligible amount					



Sparkling Low Calorie Cherry-Vanilla Flavour Soft Drink with Sweeteners.

Ingredients: Carbonated Water, Colour (Caramel E150d), Phosphoric Acid, Citric Acid, Sweeteners (Aspartame, Acesulfame K), Flavourings Including Caffeine, Preservative (Sodium Benzoate), Lactic Acid, Acidity Regulator (Sodium Citrate), Fruit and Vegetable Concentrates (Blackcurrant, Carrot), Anti-Foaming Agent (E900).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	9	2	0.2	0.0	0.01
9oz	23	6	0.6	0.1	0.02
12oz	31	7	0.8	0.2	0.02
16oz	41	10	1.0	0.2	0.03
22oz	57	14	1.4	0.3	0.05
32oz	82	20	2.1	0.4	0.07
Fat, Saturates, Protein - negligible amount					



Sparkling Low Calorie Strawberry Flavour Soft Drink with Sweeteners.

Ingredients: Carbonated Water, Colour (Caramel E150d), Phosphoric Acid, Sweeteners (Aspartame, Acesulfame K), Flavourings Including Caffeine, Preservative (Sodium Benzoate), Lactic Acid, Acidity Regulator (Sodium Citrate), Fruit and Vegetable concentrates (Blackcurrant, Carrot), Anti-Foaming Agent (E900).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	6	2	0.1	0.0	0.01
9oz	16	4	0.3	0.1	0.02
12oz	22	5	0.4	0.2	0.02
16oz	29	7	0.6	0.2	0.03
22oz	40	9	0.8	0.3	0.05
32oz	58	14	1.2	0.4	0.07
Fat, Saturates, Protein - negligible amount					



Sparkling Orange Flavour Soft Drink with Sugar and Sweeteners.

Ingredients: Carbonated Water, Invert Sugar Syrup, Citric Acid, Stabilisers (Acacia Gum, Glycerol Esters of Wood Rosins), Sweeteners (Aspartame, Acesulfame K), Flavourings, Preservatives (Sodium Benzoate, Potassium Sorbate), Phosphoric Acid, Acidity Regulator (Sodium Citrate), Colour (Carotenes), Antioxidant (E307).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	73	17	4.2	4.2	0.01
9oz	186	44	10.7	10.7	0.02
12oz	248	59	14.3	14.3	0.02
16oz	330	79	19.1	19.1	0.03
22oz	454	108	26.3	26.2	0.04
32oz	660	158	38.2	38.2	0.06
Fat, Saturates, Protein - negligible amount					



Sparkling Cherry Flavour Soft Drink with Sugar and Sweeteners.

Ingredients: Carbonated Water, Invert Sugar Syrup, Citric Acid, Colour (Caramel E150d), Sweeteners (Aspartame, Acesulfame K), Fruit and Vegetable Concentrates (Blackcurrant, Carrot), Flavourings, Preservative (Sodium Benzoate), Phosphoric Acid, Acidity Regulator (Sodium Citrate).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	80	19	4.4	4.2	0.01
9oz	203	49	11.3	10.8	0.02
12oz	271	65	15.0	14.4	0.02
16oz	361	86	20.0	19.2	0.03
22oz	497	119	27.5	26.3	0.04
32oz	723	173	40.0	38.3	0.06
Fat, Saturates, Protein - negligible amount					



Sparkling Raspberry Flavour Soft Drink with Sugar and Sweeteners.

Ingredients: Carbonated Water, Invert Sugar Syrup, Citric Acid, Sweeteners (Aspartame, Acesulfame K), Flavourings, Fruit and Vegetable Concentrates (Blackcurrant, Carrot), Preservative (Sodium Benzoate), Phosphoric Acid, Acidity Regulator (Sodium Citrate).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	80	19	4.4	4.2	0.01
9oz	203	49	11.3	10.8	0.02
12oz	271	65	15.0	14.4	0.02
16oz	361	86	20.0	19.2	0.03
22oz	497	119	27.5	26.3	0.04
32oz	723	173	40.0	38.3	0.06
Fat, Saturates, Protein - negligible amount					



Sparkling Lemon Flavour Soft Drink with Sugar and Sweeteners.

Ingredients: Carbonated Water, Invert Sugar Syrup, Citric Acid, Stabilisers (E1450, Glycerol Esters of Wood Rosins), Sweeteners (Aspartame, Acesulfame K), Flavourings, Preservative (Sodium Benzoate), Phosphoric Acid, Acidity Regulator (Sodium Citrate), Colour (Carotenes).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	80	19	4.4	4.2	0.01
9oz	203	49	11.3	10.8	0.02
12oz	271	65	15.0	14.4	0.02
16oz	361	86	20.0	19.2	0.03
22oz	497	119	27.5	26.3	0.04
32oz	723	173	40.0	38.3	0.06
Fat, Saturates, Protein - negligible amount					



Sparkling Grape Flavour Soft Drink with Sugar and Sweeteners.

Ingredients: Carbonated Water, Invert Sugar Syrup, Citric Acid, Colour (Caramel E150d), Sweeteners (Aspartame, Acesulfame K), Flavourings, Fruit and Vegetable Concentrates (Blackcurrant, Carrot), Preservative (Sodium Benzoate), Phosphoric Acid, Acidity Regulator (Sodium Citrate).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	80	19	4.4	4.2	0.01
9oz	203	49	11.3	10.8	0.02
12oz	271	65	15.0	14.4	0.02
16oz	361	86	20.0	19.2	0.03
22oz	497	119	27.5	26.3	0.04
32oz	723	173	40.0	38.3	0.06
Fat, Saturates, Protein - negligible amount					



Sparkling Peach Flavour Soft Drink with Sugar and Sweeteners.

Ingredients: Carbonated Water, Invert Sugar Syrup, Citric Acid, Colour (Caramel E150d), Sweeteners (Aspartame, Acesulfame K), Flavourings, Fruit and Vegetable Concentrates (Blackcurrant, Carrot), Preservative (Sodium Benzoate), Phosphoric Acid, Acidity Regulator (Sodium Citrate).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	80	19	4.4	4.2	0.01
9oz	203	49	11.2	10.8	0.02
12oz	271	65	14.9	14.4	0.02
16oz	362	86	19.8	19.1	0.03
22oz	497	119	27.3	26.3	0.04
32oz	724	173	39.7	38.3	0.06
Fat, Saturates, Protein - negligible amount					



Sparkling Strawberry Flavour Soft Drink with Sugar and Sweeteners.

Ingredients: Carbonated Water, Invert Sugar Syrup, Citric Acid, Sweeteners (Aspartame, Acesulfame K), Flavourings, Fruit and Vegetable Concentrates (Blackcurrant, Carrot), Preservative (Sodium Benzoate), Phosphoric Acid, Acidity Regulator (Sodium Citrate).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	80	19	4.4	4.2	0.01
9oz	203	49	11.2	10.8	0.02
12oz	271	65	14.9	14.4	0.02
16oz	362	86	19.8	19.1	0.03
22oz	497	119	27.3	26.3	0.04
32oz	724	173	39.7	38.3	0.06
Fat, Saturates, Protein - negligible amount					



Sparkling Fruit Punch Flavour Soft Drink with Sugar and Sweeteners.

Ingredients: Carbonated Water, Invert Sugar Syrup, Citric Acid, Colour (Caramel E150d), Sweeteners (Aspartame, Acesulfame K), Flavourings, Fruit and Vegetable Concentrates (Blackcurrant, Carrot), Preservative (Sodium Benzoate), Phosphoric Acid, Acidity Regulator (Sodium Citrate).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	80	19	4.4	4.2	0.01
9oz	203	49	11.3	10.8	0.02
12oz	271	65	15.0	14.4	0.02
16oz	361	86	20.0	19.2	0.03
22oz	497	119	27.5	26.3	0.04
32oz	723	173	40.0	38.3	0.06
Fat, Saturates, Protein - negligible amount					



Sparkling Low Calorie Orange Flavour Soft Drink with Sweeteners.

Ingredients: Carbonated Water, Citric Acid, Stabilisers (Acacia Gum, Glycerol Esters of Wood Rosins), Sweeteners (Aspartame, Acesulfame K), Flavourings, Preservatives (Sodium Benzoate, Potassium Sorbate), Phosphoric Acid, Acidity Regulator (Sodium Citrate), Colour (carotenes), Antioxidant (E307).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	3	1	0.1	0.0	0.01
9oz	7	2	0.1	0.0	0.02
12oz	9	2	0.2	0.0	0.03
16oz	12	3	0.3	0.0	0.04
22oz	16	4	0.4	0.0	0.05
32oz	23	6	0.5	0.0	0.07
Fat, Saturates, Protein - negligible amount					



Sparkling Low Calorie Cherry Flavour Soft Drink with Sweeteners.

Ingredients: Carbonated Water, Citric Acid, Colour (Caramel E150d), Sweeteners (Aspartame, Acesulfame K), Fruit and Vegetable Concentrates (Blackcurrant, Carrot), Flavourings, Preservative (Sodium Benzoate), Phosphoric Acid, Acidity Regulator (Sodium Citrate).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	8	2	0.2	0.0	0.01
9oz	21	5	0.4	0.0	0.02
12oz	27	7	0.5	0.0	0.02
16oz	37	9	0.7	0.1	0.03
22oz	50	12	1.0	0.1	0.04
32oz	73	17	1.4	0.1	0.06
Fat, Saturates, Protein - negligible amount					



Sparkling Low Calorie Raspberry Flavour Soft Drink with Sweeteners.

Ingredients: Carbonated Water, Citric Acid, Sweeteners (Aspartame, Acesulfame K), Flavourings, Fruit and Vegetable Concentrates (Blackcurrant, Carrot), Preservative (Sodium Benzoate), Phosphoric Acid, Acidity Regulator (Sodium Citrate).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	7	2	0.2	0.0	0.01
9oz	19	5	0.4	0.0	0.02
12oz	25	6	0.5	0.0	0.02
16oz	34	8	0.7	0.0	0.03
22oz	47	11	1.0	0.0	0.04
32oz	68	16	1.5	0.1	0.06
Fat, Saturates, Protein - negligible amount					



Sparkling Low Calorie Lemon Flavour Soft Drink with Sweeteners.

Ingredients: Carbonated Water, Citric Acid, Sweeteners (Aspartame, Acesulfame K), Stabilisers (E1450, Glycerol Esters of Wood Rosins), Flavourings, Preservative (Sodium Benzoate), Phosphoric Acid, Acidity Regulator (Sodium Citrate), Colour (Carotenes).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	2	1	0.0	0.0	0.01
9oz	5	1	0.0	0.0	0.02
12oz	7	2	0.0	0.0	0.02
16oz	9	2	0.1	0.0	0.03
22oz	13	3	0.1	0.0	0.04
32oz	19	4	0.1	0.0	0.06
Fat, Saturates, Protein - negligible amount					



Sparkling Low Calorie Grape Flavour Soft Drink with Sweeteners.

Ingredients: Carbonated Water, Citric Acid, Colour (Caramel E150d), Sweeteners (Aspartame, Acesulfame K), Flavourings, Fruit and Vegetable Concentrates (Blackcurrant, Carrot), Preservative (Sodium Benzoate) Phosphoric Acid, Acidity Regulator (Sodium Citrate).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	8	2	0.1	0.0	0.01
9oz	20	5	0.3	0.1	0.02
12oz	26	6	0.5	0.1	0.02
16oz	35	8	0.6	0.1	0.03
22oz	48	11	0.9	0.1	0.04
32oz	70	17	1.2	0.2	0.06
Fat, Saturates, Protein - negligible amount					



Sparkling Low Calorie Peach Flavour Soft Drink with Sweeteners.

Ingredients: Carbonated Water, Citric Acid, Colour (Caramel E150d), Sweeteners (Aspartame, Acesulfame K), Flavourings, Fruit and Vegetable Concentrates (Blackcurrant, Carrot), Preservative (Sodium Benzoate) Phosphoric Acid, Acidity Regulator (Sodium Citrate).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	9	2	0.2	0.0	0.01
9oz	24	6	0.4	0.0	0.02
12oz	31	7	0.6	0.0	0.02
16oz	42	10	0.8	0.0	0.03
22oz	57	14	1.1	0.0	0.05
32oz	84	20	1.6	0.0	0.07
Fat, Saturates, Protein - negligible amount					



Sparkling Low Calorie Strawberry Flavour Soft Drink with Sweeteners.

Ingredients: Carbonated Water, Citric Acid, Sweeteners (Aspartame, Acesulfame K), Flavourings, Fruit and Vegetable Concentrates (Blackcurrant, Carrot), Preservative (Sodium Benzoate), Phosphoric Acid, Acidity Regulator (Sodium Citrate).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	10	2	0.2	0.0	0.01
9oz	27	6	0.4	0.0	0.02
12oz	36	8	0.6	0.1	0.02
16oz	47	11	0.8	0.1	0.03
22oz	65	16	1.1	0.1	0.04
32oz	95	23	1.5	0.1	0.06
Fat, Saturates, Protein - negligible amount					



Sparkling Low Calorie Fruit Punch Flavour Soft Drink with Sweeteners.

Ingredients: Carbonated Water, Citric Acid, Colour (Caramel E150d), Sweeteners (Aspartame, Acesulfame K), Flavourings, Fruit and Vegetable Concentrates (Blackcurrant, Carrot), Preservative (Sodium Benzoate) Phosphoric Acid, Acidity Regulator (Sodium Citrate).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	7	2	0.1	0.0	0.01
9oz	19	5	0.3	0.0	0.02
12oz	25	6	0.5	0.0	0.02
16oz	34	8	0.6	0.0	0.03
22oz	47	11	0.8	0.0	0.04
32oz	68	16	1.2	0.1	0.06
Fat, Saturates, Protein - negligible amount					



Still Orange Flavour Soft Drink with Sugar and Sweeteners.

Ingredients: Water, Invert Sugar Syrup, Citric Acid, Stabilisers (Acacia Gum, Glycerol Esters of Wood Rosins), Sweeteners (Aspartame, Acesulfame K), Flavourings, Preservatives (Sodium Benzoate, Potassium Sorbate), Phosphoric Acid, Acidity Regulator (Sodium Citrate), Colour (Carotenes), Antioxidant (E307).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	73	17	4.2	4.2	0.01
9oz	186	44	10.8	10.7	0.02
12oz	248	59	14.3	14.3	0.02
16oz	330	79	19.1	19.1	0.03
22oz	454	108	26.3	26.3	0.04
32oz	660	158	38.2	38.2	0.06
Fat, Saturates, Protein - negligible amount					



Still Cherry Flavour Soft Drink with Sugar and Sweeteners.

Ingredients: Water, Invert Sugar Syrup, Citric Acid, Colour (Caramel E150d), Sweeteners (Aspartame, Acesulfame K), Fruit and Vegetable Concentrates (Blackcurrant, Carrot), Flavourings, Preservative (Sodium Benzoate), Phosphoric Acid, Acidity Regulator (Sodium Citrate).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	79	19	4.4	4.2	0.01
9oz	203	49	11.3	10.8	0.02
12oz	271	65	15.0	14.4	0.02
16oz	361	86	20.0	19.2	0.03
22oz	496	119	27.5	26.3	0.04
32oz	722	173	40.0	38.3	0.06
Fat, Saturates, Protein - negligible amount					



Still Raspberry Flavour Soft Drink with Sugar and Sweeteners.

Ingredients: Water, Invert Sugar Syrup, Citric Acid, Sweeteners (Aspartame, Acesulfame K), Flavourings, Fruit and Vegetable Concentrates (Blackcurrant, Carrot), Preservative (Sodium Benzoate), Phosphoric Acid, Acidity Regulator (Sodium Citrate).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	79	19	4.4	4.2	0.01
9oz	203	49	11.3	10.8	0.01
12oz	271	65	15.1	14.3	0.02
16oz	361	86	20.1	19.1	0.03
22oz	497	119	27.7	26.3	0.04
32oz	723	173	40.3	38.2	0.05
Fat, Saturates, Protein - negligible amount					



Still Lemon Flavour Soft Drink with Sugar and Sweeteners.

Ingredients: Water, Invert Sugar Syrup, Citric Acid, Stabilisers (E1450, Glycerol Esters of Wood Rosins), Sweeteners (Aspartame, Acesulfame K), Flavourings, Preservative (Sodium Benzoate), Phosphoric Acid, Acidity Regulator (Sodium Citrate), Colour (Carotenes).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	72	17	4.2	4.2	0.01
9oz	184	44	10.8	10.7	0.02
12oz	246	59	14.3	14.3	0.02
16oz	328	78	19.1	19.1	0.03
22oz	451	108	26.3	26.2	0.04
32oz	655	157	38.2	38.1	0.06
Fat, Saturates, Protein - negligible amount					



Still Grape Flavour Soft Drink with Sugar and Sweeteners.

Ingredients: Water, Invert Sugar Syrup, Citric Acid, Colour (Caramel E150d), Sweeteners (Aspartame, Acesulfame K), Flavourings, Fruit and Vegetable Concentrates (Blackcurrant, Carrot), Preservative (Sodium Benzoate), Phosphoric Acid, Acidity Regulator (Sodium Citrate).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	79	19	4.4	4.2	0.01
9oz	203	49	11.3	10.8	0.02
12oz	271	65	15.0	14.4	0.02
16oz	361	86	20.0	19.2	0.03
22oz	496	119	27.5	26.3	0.04
32oz	722	173	40.0	38.3	0.06
Fat, Saturates, Protein - negligible amount					



Still Peach Flavour Soft Drink with Sugar and Sweeteners.

Ingredients: Water, Invert Sugar Syrup, Citric Acid, Colour (Caramel E150d), Sweeteners (Aspartame, Acesulfame K), Flavourings, Fruit and Vegetable Concentrates (Blackcurrant, Carrot), Preservative (Sodium Benzoate), Phosphoric Acid, Acidity Regulator (Sodium Citrate).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	79	19	4.4	4.2	0.01
9oz	203	49	11.3	10.8	0.02
12oz	271	65	15.0	14.4	0.02
16oz	361	86	20.0	19.2	0.03
22oz	496	119	27.5	26.3	0.04
32oz	722	173	40.0	38.3	0.06
Fat, Saturates, Protein - negligible amount					



Still Strawberry Flavour Soft Drink with Sugar and Sweeteners.

Ingredients: Water, Invert Sugar Syrup, Citric Acid, Sweeteners (Aspartame, Acesulfame K), Flavourings, Fruit and Vegetable Concentrates (Blackcurrant, Carrot), Preservative (Sodium Benzoate), Phosphoric Acid, Acidity Regulator (Sodium Citrate).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	79	19	4.4	4.2	0.01
9oz	203	49	11.3	10.8	0.02
12oz	271	65	15.0	14.4	0.02
16oz	361	86	20.0	19.2	0.03
22oz	496	119	27.5	26.3	0.04
32oz	722	173	40.0	38.3	0.06
Fat, Saturates, Protein - negligible amount					



Still Fruit Punch flavour Soft Drink with Sugar and Sweeteners.

Ingredients: Water, Invert Sugar Syrup, Citric Acid, Colour (Caramel E150d), Sweeteners (Aspartame, Acesulfame K), Flavourings, Fruit and Vegetable Concentrates (Blackcurrant, Carrot), Preservative (Sodium Benzoate), Phosphoric Acid, Acidity Regulator (Sodium Citrate).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	79	19	4.4	4.2	0.01
9oz	203	49	11.3	10.8	0.01
12oz	271	65	15.1	14.3	0.02
16oz	361	86	20.1	19.1	0.03
22oz	497	119	27.7	26.3	0.04
32oz	723	173	40.3	38.2	0.05
Fat, Saturates, Protein - negligible amount					



Still Low Calorie Orange Flavour Soft Drink with Sweeteners.

Ingredients: Water, Citric Acid, Stabilisers (Acacia Gum, Glycerol Esters of Wood Rosins), Sweeteners (Aspartame, Acesulfame K), Flavourings, Preservatives (Sodium Benzoate, Potassium Sorbate), Phosphoric Acid, Acidity Regulator (Sodium Citrate), Colour (carotenes), Antioxidant (E307).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	3	1	0.1	0.0	0.01
9oz	6	2	0.1	0.0	0.02
12oz	9	2	0.2	0.0	0.03
16oz	11	3	0.3	0.0	0.03
22oz	16	4	0.4	0.0	0.05
32oz	23	5	0.5	0.0	0.07
Fat, Saturates, Protein - negligible amount					



Still Low Calorie Cherry Flavour Soft Drink with Sweeteners.

Ingredients: Water, Citric Acid, Colour (Caramel E150d), Sweeteners (Aspartame, Acesulfame K), Fruit and Vegetable Concentrates (Blackcurrant, Carrot), Flavourings, Preservative (Sodium Benzoate), Phosphoric Acid, Acidity Regulator (Sodium Citrate).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	8	2	0.2	0.0	0.01
9oz	20	5	0.4	0.0	0.02
12oz	27	6	0.5	0.0	0.02
16oz	36	9	0.7	0.1	0.03
22oz	50	12	1.0	0.1	0.04
32oz	72	17	1.4	0.1	0.06
Fat, Saturates, Protein - negligible amount					



Still Low Calorie Raspberry Flavour Soft Drink with Sweeteners.

Ingredients: Water, Citric Acid, Sweeteners (Aspartame, Acesulfame K), Flavourings, Fruit and Vegetable Concentrates (Blackcurrant, Carrot), Preservative (Sodium Benzoate), Phosphoric Acid, Acidity Regulator (Sodium Citrate).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	7	2	0.2	0.0	0.01
9oz	19	5	0.4	0.0	0.02
12oz	25	6	0.5	0.0	0.02
16oz	34	8	0.7	0.0	0.03
22oz	46	11	1.0	0.0	0.04
32oz	67	16	1.5	0.1	0.06
Fat, Saturates, Protein - negligible amount					



Still Low Calorie Lemon Flavour Soft Drink with Sweeteners.

Ingredients: Water, Citric Acid, Sweeteners (Aspartame, Acesulfame K), Stabilisers (E1450, Glycerol Esters of Wood Rosins), Flavourings, Preservative (Sodium Benzoate), Phosphoric Acid, Acidity Regulator (Sodium Citrate), Colour (Carotenes).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	2	1	0.0	0.0	0.01
9oz	5	1	0.0	0.0	0.02
12oz	7	2	0.0	0.0	0.02
16oz	9	2	0.1	0.0	0.03
22oz	13	3	0.1	0.0	0.04
32oz	18	4	0.1	0.0	0.06
Fat, Saturates, Protein - negligible amount					



Still Low Calorie Grape Flavour Soft Drink with Sweeteners.

Ingredients: Water, Citric Acid, Colour (Caramel E150d), Sweeteners (Aspartame, Acesulfame K), Flavourings, Fruit and Vegetable Concentrates (Blackcurrant, Carrot), Preservative (Sodium Benzoate) Phosphoric Acid, Acidity Regulator (Sodium Citrate).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	8	2	0.1	0.0	0.01
9oz	19	5	0.3	0.1	0.02
12oz	26	6	0.5	0.1	0.02
16oz	34	8	0.6	0.1	0.03
22oz	47	11	0.9	0.1	0.04
32oz	69	16	1.2	0.2	0.06
Fat, Saturates, Protein - negligible amount					



Still Low Calorie Peach Flavour Soft Drink with Sweeteners.

Ingredients: Water, Citric Acid, Colour (Caramel E150d), Sweeteners (Aspartame, Acesulfame K), Flavourings, Fruit and Vegetable Concentrates (Blackcurrant, Carrot), Preservative (Sodium Benzoate) Phosphoric Acid, Acidity Regulator (Sodium Citrate).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	9	2	0.2	0.0	0.01
9oz	23	6	0.4	0.0	0.02
12oz	31	7	0.6	0.0	0.02
16oz	41	10	0.8	0.0	0.03
22oz	57	14	1.1	0.0	0.04
32oz	83	20	1.6	0.0	0.06
Fat, Saturates, Protein - negligible amount					



Still Low Calorie Strawberry Flavour Soft Drink with Sweeteners.

Ingredients: Water, Citric Acid, Sweeteners (Aspartame, Acesulfame K), Flavourings, Fruit and Vegetable Concentrates (Blackcurrant, Carrot), Preservative (Sodium Benzoate), Phosphoric Acid, Acidity Regulator (Sodium Citrate).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	10	2	0.2	0.0	0.01
9oz	26	6	0.4	0.0	0.02
12oz	35	8	0.6	0.1	0.02
16oz	47	11	0.8	0.1	0.03
22oz	65	15	1.1	0.1	0.04
32oz	94	22	1.5	0.1	0.06
Fat, Saturates, Protein - negligible amount					



Still Low Calorie Fruit Punch Flavour Soft Drink with Sweeteners.

Ingredients: Water, Citric Acid, Colour (Caramel E150d), Sweeteners (Aspartame, Acesulfame K), Flavourings, Fruit and Vegetable Concentrates (Blackcurrant, Carrot), Preservative (Sodium Benzoate) Phosphoric Acid, Acidity Regulator (Sodium Citrate).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	7	2	0.1	0.0	0.01
9oz	19	5	0.3	0.0	0.02
12oz	25	6	0.5	0.0	0.02
16oz	34	8	0.6	0.0	0.03
22oz	46	11	0.8	0.0	0.04
32oz	67	16	1.2	0.1	0.06
Fat, Saturates, Protein - negligible amount					

Still Lemon Flavour Soft Drink with Tea Extract with Sugar and Sweeteners.

Ingredients: Water, Invert Sugar Syrup, Black Tea Extract, Citric Acid, Colours (Caramel E150d, Carotenes), Sweeteners (Aspartame, Acesulfame K), Acidity Regulator (Potassium Citrate), Stabilisers (E1450, Glycerol Esters of Wood Rosins), Flavourings, Preservative (Sodium Benzoate).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	74	18	4.2	4.2	0.01
9oz	189	45	10.8	10.7	0.02
12oz	252	60	14.4	14.3	0.02
16oz	336	80	19.1	19.1	0.03
22oz	463	111	26.3	26.3	0.04
32oz	673	161	38.3	38.2	0.06
Fat, Saturates, Protein - negligible amount					



Still Raspberry Flavour Soft Drink with Tea Extract with Sugar and Sweeteners.

Ingredients: Water, Invert Sugar Syrup, Black Tea Extract, Citric Acid, Colour (Caramel E150d), Sweeteners (Aspartame, Acesulfame K), Acidity Regulator (Potassium Citrate), Flavourings, Fruit and Vegetable Concentrates (Blackcurrant, Carrot), Preservative (Sodium Benzoate).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	74	18	4.2	4.2	0.01
9oz	189	45	10.8	10.7	0.02
12oz	252	60	14.4	14.3	0.02
16oz	336	80	19.1	19.1	0.03
22oz	463	111	26.3	26.3	0.04
32oz	673	161	38.3	38.2	0.06
Fat, Saturates, Protein - negligible amount					



Still Peach Flavour Soft Drink with Tea Extract with Sugar and Sweeteners.

Ingredients: Water, Invert Sugar Syrup, Black Tea Extract, Colour (Caramel E150d), Sweeteners (Aspartame, Acesulfame K), Citric Acid, Acidity Regulator (Potassium Citrate), Flavourings, Fruit and Vegetable Concentrates (Blackcurrant, Carrot), Preservative (Sodium Benzoate).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	74	18	4.2	4.2	0.01
9oz	189	45	10.8	10.7	0.02
12oz	252	60	14.4	14.3	0.02
16oz	336	80	19.1	19.1	0.03
22oz	463	111	26.3	26.3	0.04
32oz	673	161	38.3	38.2	0.06
Fat, Saturates, Protein - negligible amount					



Still Strawberry Flavour Soft Drink with Tea Extract with Sugar and Sweeteners.

Ingredients: Water, Invert Sugar Syrup, Black Tea Extract, Citric Acid, Colour (Caramel E150d), Sweeteners (Aspartame, Acesulfame K), Acidity Regulator (Potassium Citrate), Flavourings, Fruit and Vegetable Concentrates (Blackcurrant, Carrot), Preservative (Sodium Benzoate).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	74	18	4.2	4.2	0.01
9oz	189	45	10.8	10.7	0.02
12oz	252	60	14.4	14.3	0.02
16oz	336	80	19.1	19.1	0.03
22oz	463	111	26.3	26.3	0.04
32oz	673	161	38.3	38.2	0.06
Fat, Saturates, Protein - negligible amount					



Still Vanilla Flavour Soft Drink with Tea Extract with Sugar and Sweeteners.

Ingredients: Water, Invert Sugar Syrup, Black Tea Extract, Citric Acid, Colour (Caramel E150d), Sweeteners (Aspartame, Acesulfame K), Acidity Regulator (Potassium Citrate), Flavourings, Preservative (Sodium Benzoate).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	74	18	4.2	4.2	0.01
9oz	189	45	10.8	10.7	0.02
12oz	252	60	14.4	14.3	0.02
16oz	336	80	19.1	19.1	0.03
22oz	463	111	26.3	26.3	0.04
32oz	673	161	38.3	38.2	0.06
Fat, Saturates, Protein - negligible amount					



Still Orange Flavour Soft Drink with Tea Extract with Sugar and Sweeteners.

Ingredients: Water, Invert Sugar Syrup, Black Tea Extract, Citric Acid, Colours (Caramel E150d, Carotenes), Sweeteners (Aspartame, Acesulfame K), Acidity Regulator (Potassium Citrate), Stabilisers (Acacia Gum, Glycerol Esters of Wood Rosins), Flavourings, Preservatives (Sodium Benzoate, Potassium Sorbate), Antioxidant (E307).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	74	18	4.2	4.2	0.01
9oz	190	45	10.8	10.8	0.02
12oz	254	61	14.4	14.3	0.02
16oz	338	81	19.1	19.1	0.03
22oz	465	111	26.3	26.3	0.04
32oz	676	162	38.3	38.2	0.06
Fat, Saturates, Protein - negligible amount					

NO SUGAR fuze tea®

Still Low Calorie Lemon Flavour Soft Drink with Tea Extract with Sweeteners.

Ingredients: Water, Black Tea Extract, Citric Acid, Colours (Caramel E150d, Carotenes), Acidity Regulator (Potassium Citrate, Sodium Citrate), Sweeteners (Aspartame, Acesulfame K), Stabilisers (E1450, Glycerol Esters of Wood Rosins), Flavourings, Preservative (Sodium Benzoate), Phosphoric Acid.

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	4	1	0.0	0.0	0.01
9oz	10	2	0.1	0.0	0.02
12oz	14	3	0.1	0.0	0.02
16oz	18	4	0.1	0.0	0.03
22oz	25	6	0.2	0.1	0.05
32oz	36	9	0.3	0.1	0.07
Fat, Saturates, Protein - negligible amount					



Still Low Calorie Raspberry Flavour Soft Drink with Tea Extract with Sweeteners.

Ingredients: Water, Black Tea Extract, Citric Acid, Colour (Caramel E150d), Acidity Regulator (Potassium Citrate, Sodium Citrate), Sweeteners (Aspartame, Acesulfame K), Flavourings, Fruit and Vegetable Concentrates (Blackcurrant, Carrot), Preservative (Sodium Benzoate), Phosphoric Acid.

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	8	2	0.1	0.0	0.01
9oz	20	5	0.3	0.0	0.02
12oz	26	6	0.4	0.1	0.02
16oz	35	8	0.6	0.1	0.03
22oz	48	12	0.8	0.1	0.04
32oz	70	17	1.2	0.1	0.06
Fat, Saturates, Protein - negligible amount					



Still Low Calorie Peach Flavour Soft Drink with Tea Extract with Sweeteners.

Ingredients: Water, Black Tea Extract, Citric Acid, Colour (Caramel E150d), Acidity Regulator (Potassium Citrate, Sodium Citrate), Sweeteners (Aspartame, Acesulfame K), Flavourings, Fruit and Vegetable Concentrates (Blackcurrant, Carrot), Preservative (Sodium Benzoate), Phosphoric Acid.

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	7	2	0.1	0.0	0.01
9oz	18	4	0.2	0.0	0.02
12oz	24	6	0.3	0.0	0.02
16oz	32	8	0.4	0.0	0.03
22oz	44	10	0.6	0.1	0.05
32oz	64	15	0.9	0.1	0.07
Fat, Saturates, Protein - negligible amount					



Still Low Calorie Strawberry Flavour Soft Drink with Tea Extract with Sweeteners.

Ingredients: Water, Black Tea Extract, Citric Acid, Colour (Caramel E150d), Acidity Regulator (Potassium Citrate, Sodium Citrate), Sweeteners (Aspartame, Acesulfame K), Flavourings, Fruit and Vegetable Concentrates (Blackcurrant, Carrot), Preservative (Sodium Benzoate), Phosphoric Acid.

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	7	2	0.1	0.0	0.01
9oz	19	4	0.2	0.0	0.02
12oz	25	6	0.3	0.1	0.02
16oz	33	8	0.4	0.1	0.03
22oz	45	11	0.6	0.1	0.05
32oz	66	16	0.8	0.1	0.07
Fat, Saturates, Protein - negligible amount					



Still Low Calorie Vanilla Flavour Soft Drink with Tea Extract with Sweeteners.

Ingredients: Water, Black Tea Extract, Citric Acid, Colour (Caramel E150d), Acidity Regulator (Potassium Citrate, Sodium Citrate), Sweeteners (Aspartame, Acesulfame K), Flavourings, Preservative (Sodium Benzoate), Phosphoric Acid.

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	7	2	0.1	0.0	0.01
9oz	18	4	0.3	0.0	0.02
12oz	24	6	0.3	0.0	0.02
16oz	31	8	0.5	0.0	0.03
22oz	43	10	0.6	0.1	0.04
32oz	63	15	0.9	0.1	0.06
Fat, Saturates, Protein - negligible amount					



Still Low Calorie Orange Flavour Soft Drink with Tea Extract with Sweeteners.

Ingredients: Water, Black Tea Extract, Citric Acid, Colours (Caramel E150d, Carotenes), Acidity Regulator (Potassium Citrate, Sodium Citrate), Sweeteners (Aspartame, Acesulfame K), Stabilisers (Acacia Gum, Glycerol Esters of Wood Rosins), Flavourings, Preservatives (Sodium Benzoate, Potassium Sorbate), Phosphoric Acid, Antioxidant (E307).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	4	1	0.1	0.0	0.01
9oz	11	3	0.1	0.0	0.02
12oz	15	4	0.2	0.0	0.03
16oz	20	5	0.3	0.1	0.04
22oz	27	6	0.4	0.1	0.05
32oz	39	9	0.5	0.1	0.07
Fat, Saturates, Protein - negligible amount					



Sparkling Low Calorie Orange Flavour Soft Drink with Vegetable Extracts with Sweeteners.

Ingredients: Carbonated Water, Colour (Caramel E150d, Carotenes), Phosphoric Acid, Citric Acid, Sweeteners (Aspartame , Acesulfame K), Flavourings Including Caffeine, Acidity Regulator (Sodium Citrate), Stabilisers (Acacia Gum, Glycerol Esters of Wood Rosins), Preservative (Sodium Benzoate, Potassium Sorbate), Antioxidant (E307), Anti-foaming Agent (E900).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	1	0	0.0	0.0	0.01
9oz	3	1	0.1	0.1	0.04
12oz	4	1	0.2	0.1	0.05
16oz	6	1	0.2	0.2	0.07
22oz	8	2	0.3	0.2	0.09
32oz	11	3	0.4	0.3	0.14
Fat, Saturates, Protein - negligible amount					



Sparkling Low Calorie Orange-Peach Flavour Soft Drink with Vegetable Extracts with Sweeteners.

Ingredients: Carbonated Water, Colour (Caramel E150d, Carotenes), Phosphoric Acid, Citric Acid, Sweeteners (Aspartame , Acesulfame K), Flavourings Including Caffeine, Acidity Regulator (Sodium Citrate), Stabilisers (Acacia Gum, Glycerol Esters of Wood Rosins), Fruit and Vegetable Concentrates (Blackcurrant, Carrot), Preservative (Sodium Benzoate), Anti-foaming Agent (E900).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	5	1	0.1	0.0	0.02
9oz	14	3	0.4	0.1	0.04
12oz	19	4	0.5	0.1	0.05
16oz	25	6	0.7	0.2	0.07
22oz	34	8	0.9	0.2	0.09
32oz	50	12	1.3	0.3	0.14
Fat, Saturates, Protein - negligible amount					



Sparkling Low Calorie Orange-Cherry Flavour Soft Drink with Vegetable Extracts with Sweeteners.

Ingredients: Carbonated Water, Colour (Caramel E150d, Carotenes), Phosphoric Acid, Citric Acid, Sweeteners (Aspartame , Acesulfame K), Flavourings Including Caffeine, Acidity Regulator (Sodium Citrate), Stabilisers (Acacia Gum, Glycerol Esters of Wood Rosins), Fruit and Vegetable Concentrates (Blackcurrant, Carrot), Preservative (Sodium Benzoate, Potassium Sorbate), Antioxidant (E307), Anti-foaming Agent (E900).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	10	2	0.3	0.1	0.02
9oz	24	6	0.7	0.1	0.04
12oz	32	8	0.9	0.2	0.05
16oz	43	10	1.2	0.2	0.07
22oz	60	14	1.6	0.3	0.10
32oz	87	21	2.3	0.5	0.14
Fat, Saturates, Protein - negligible amount					



Sparkling Low Calorie Orange-Lemon Flavour Soft Drink with Vegetable Extracts with Sweeteners.

Ingredients: Carbonated Water, Colour (Caramel E150d, Carotenes), Phosphoric Acid, Citric Acid, Sweeteners (Aspartame , Acesulfame K), Flavourings Including Caffeine, Acidity Regulator (Sodium Citrate), Stabilisers (Acacia Gum, E1450, Glycerol Esters of Wood Rosins), Preservative (Sodium Benzoate), Anti-foaming Agent (E900).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	1	0	0.1	0.0	0.01
9oz	3	1	0.1	0.1	0.04
12oz	4	1	0.2	0.1	0.05
16oz	6	1	0.2	0.2	0.07
22oz	8	2	0.3	0.2	0.09
32oz	12	3	0.5	0.3	0.14
Fat, Saturates, Protein - negligible amount					



Sparkling Low Calorie Orange-Strawberry Flavour Soft Drink with Vegetable Extracts with Sweeteners.

Ingredients: Carbonated Water, Colour (Caramel E150d, Carotenes), Phosphoric Acid, Citric Acid, Sweeteners (Aspartame , Acesulfame K), Flavourings Including Caffeine, Acidity Regulator (Sodium Citrate), Stabilisers (Acacia Gum, Glycerol Esters of Wood Rosins), Fruit and Vegetable Concentrates (Blackcurrant, Carrot), Preservative (Sodium Benzoate, Potassium Sorbate), Antioxidant (E307), Anti-foaming Agent (E900).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	6	1	0.1	0.0	0.02
9oz	14	3	0.3	0.1	0.04
12oz	19	5	0.5	0.1	0.05
16oz	25	6	0.6	0.2	0.07
22oz	35	8	0.8	0.3	0.09
32oz	51	12	1.2	0.4	0.14
Fat, Saturates, Protein - negligible amount					



Still Low Calorie Cherry Flavour Soft Drink, With Sweeteners

Ingredients: Water, Flavourings, Acids (E 330, E 338), Sodium Chloride, Acidity Regulators (E 332, E 331, E 340), Colour (E 150d), Sweeteners (Aspartame, Acesulfame K), Fruit And Vegetable Concentrates (Carrot, Blackcurrant), Preservative (E 211).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	8	2	0.2	0.0	0.10
9oz	20	5	0.4	0.0	0.24
12oz	27	6	0.5	0.0	0.33
16oz	36	9	0.7	0.1	0.44
22oz	49	12	0.9	0.1	0.60
32oz	71	17	1.4	0.1	0.87
Fat, Saturates, Protein - negligible amount					



Still Low Calorie Orange Flavour Soft Drink, With Sweeteners.

Ingredients: Water, Stabilisers (E 414, E 445), Colour (E 160a), Flavourings, Acids (E 330, E 338), Sodium Chloride, Acidity Regulators (E 332, E 331, E 340), Preservative (E 211), Sweeteners (Aspartame, Acesulfame K).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	3	1	0.0	0.0	0.10
9oz	7	2	0.1	0.0	0.25
12oz	9	2	0.2	0.0	0.33
16oz	13	3	0.2	0.0	0.44
22oz	17	4	0.3	0.0	0.60
32oz	25	6	0.4	0.0	0.87
Fat, Saturates, Protein - negligible amount					



Still Low Calorie Raspberry Flavour Soft Drink, With Sweeteners.

Ingredients: Water, Acids (E 330, E 338), Flavourings, Sodium Chloride, Acidity Regulators (E 332, E 331, E 340), Sweeteners (Aspartame, Acesulfame K), Fruit And Vegetable Concentrates (Carrot, Blackcurrant), Preservative (E 211).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	7	2	0.1	0.0	0.10
9oz	17	4	0.3	0.0	0.24
12oz	22	5	0.4	0.0	0.33
16oz	30	7	0.6	0.0	0.43
22oz	41	10	0.8	0.0	0.60
32oz	60	14	1.2	0.1	0.87
Fat, Saturates, Protein - negligible amount					



Still Low Calorie Lemon Flavour Soft Drink, With Sweeteners.

Ingredients: Water, Acids (E 330, E 338), Sodium Chloride, Acidity Regulators (E 332, E 331, E 340), Sweeteners (Aspartame, Acesulfame K), Modified Starch, Preservative (E 211), Flavourings, Stabiliser (E 445), Colour (E 160a).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	2	1	0.0	0.0	0.10
9oz	6	2	0.0	0.0	0.24
12oz	8	2	0.1	0.0	0.33
16oz	11	3	0.1	0.0	0.44
22oz	15	4	0.1	0.0	0.60
32oz	23	5	0.2	0.0	0.87
Fat, Saturates, Protein - negligible amount					



Still Low Calorie Grape Flavour Soft Drink, With Sweeteners.

Ingredients: Water, Acids (E 330, E 338), Flavourings, Sodium Chloride, Acidity Regulators (E 332, E 331, E 340), Colour (E 150d), Sweeteners (Aspartame, Acesulfame K), Fruit And Vegetable Concentrates (Carrot, Blackcurrant), Preservative (E 211).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	5	1	0.1	0.0	0.10
9oz	14	3	0.2	0.0	0.24
12oz	18	4	0.3	0.0	0.33
16oz	24	6	0.4	0.1	0.44
22oz	34	8	0.5	0.1	0.60
32oz	49	12	0.7	0.1	0.87
Fat, Saturates, Protein - negligible amount					



Still Low Calorie Strawberry Flavour Soft Drink, With Sweeteners.

Ingredients: Water, Acids (E 330, E 338), Flavourings, Sodium Chloride, Acidity Regulators (E 332, E 331, E 340), Sweeteners (Aspartame, Acesulfame K), Fruit And Vegetable Concentrates (Carrot, Blackcurrant), Preservative (E 211).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	6	1	0.1	0.0	0.10
9oz	14	3	0.2	0.0	0.24
12oz	19	5	0.3	0.0	0.33
16oz	25	6	0.3	0.0	0.43
22oz	35	8	0.5	0.0	0.60
32oz	51	12	0.7	0.1	0.87
Fat, Saturates, Protein - negligible amount					



Still Low Calorie Mixed Fruit Flavour Soft Drink, With Sweeteners.

Ingredients: Water, Acids (E 330, E 338), Flavourings, Sodium Chloride, Acidity Regulators (E 332, E 331, E 340), Sweeteners (Aspartame, Acesulfame K), Fruit And Vegetable Concentrates (Carrot, Blackcurrant), Preservative (E 211), Colour (E 150d).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	6	2	0.1	0.0	0.10
9oz	16	4	0.3	0.0	0.24
12oz	21	5	0.4	0.0	0.33
16oz	29	7	0.5	0.0	0.44
22oz	39	9	0.6	0.0	0.60
32oz	57	14	0.9	0.0	0.87
Fat, Saturates, Protein - negligible amount					



Still Low Calorie Berry Flavour Soft Drink, With Sweeteners.

Ingredients: Water, Flavourings, Acids (E 330, E 338), Sodium Chloride, Acidity Regulators (E 332, E 331, E 340), Sweeteners (Aspartame, Acesulfame K), Preservative (E 211), Colour (E 133).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	10	2	0.2	0.0	0.10
9oz	26	6	0.5	0.0	0.24
12oz	35	8	0.7	0.0	0.33
16oz	46	11	0.9	0.0	0.43
22oz	64	15	1.2	0.0	0.60
32oz	93	22	1.8	0.0	0.87
Fat, Saturates, Protein - negligible amount					



Sparkling Lemonade Soft Drink with Sugar and Sweeteners.

Ingredients: Carbonated Water, Invert Sugar Syrup, Citric Acid, Acidity Regulator (Sodium Citrate), Sweeteners (Aspartame, Acesulfame K), Stabilisers (E1450, Glycerol Esters of Wood Rosins), Flavourings, Preservatives (Sodium Benzoate, Potassium Sorbate), Colour (Carotenes).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	74	18	4.2	4.2	0.03
9oz	190	45	10.8	10.7	0.08
12oz	253	61	14.3	14.3	0.10
16oz	338	81	19.1	19.1	0.13
22oz	464	111	26.3	26.2	0.19
32oz	676	161	38.3	38.1	0.27
Fat, Saturates, Protein - negligible amount					



Sparkling Cherry Flavour Lemonade Soft Drink with Sugar and Sweeteners.

Ingredients: Carbonated Water, Invert Sugar Syrup, Citric Acid, Acidity Regulator (Sodium Citrate), Colours (Caramel E150d, Carotenes), Sweeteners (Aspartame, Acesulfame K), Stabilisers (E1450, Glycerol Esters of Wood Rosins), Flavourings, Fruit and Vegetable Concentrates (Blackcurrant, Carrot), Preservatives (Sodium Benzoate, Potassium Sorbate).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	78	19	4.3	4.2	0.03
9oz	200	48	11.0	10.7	0.08
12oz	266	64	14.7	14.3	0.10
16oz	355	85	19.6	19.1	0.14
22oz	488	117	26.9	26.3	0.19
32oz	710	170	39.2	38.2	0.27
Fat, Saturates, Protein - negligible amount					



Sparkling Orange Flavour Lemonade Soft Drink with Sugar and Sweeteners.

Ingredients: Carbonated Water, Invert Sugar Syrup, Citric Acid, Acidity Regulator (Sodium Citrate), Sweeteners (Aspartame, Acesulfame K), Stabilisers (Acacia Gum, Glycerol Esters of Wood Rosins, E1450), Flavourings, Preservatives (Sodium Benzoate, Potassium Sorbate), Colour (Carotenes), Antioxidant (E307).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	74	18	4.2	4.2	0.03
9oz	190	45	10.8	10.7	0.08
12oz	253	61	14.3	14.3	0.10
16oz	338	81	19.1	19.1	0.13
22oz	464	111	26.3	26.2	0.19
32oz	676	161	38.3	38.1	0.27
Fat, Saturates, Protein - negligible amount					



Sparkling Raspberry Flavour Lemonade Soft Drink with Sugar and Sweeteners.

Ingredients: Carbonated Water, Invert Sugar Syrup, Citric Acid, Acidity Regulator (Sodium Citrate), Sweeteners (Aspartame, Acesulfame K), Stabilisers (E1450, Glycerol Esters of Wood Rosins), Flavourings, Fruit and Vegetable Concentrates (Blackcurrant, Carrot), Preservatives (Sodium Benzoate, Potassium Sorbate), Colour (Carotenes).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	78	19	4.3	4.2	0.03
9oz	200	48	11.1	10.7	0.08
12oz	267	64	14.7	14.3	0.10
16oz	355	85	19.7	19.1	0.14
22oz	489	117	27.0	26.2	0.19
32oz	711	170	39.3	38.2	0.27
Fat, Saturates, Protein - negligible amount					



Sparkling Strawberry Flavour Lemonade Soft Drink with Sugar and Sweeteners.

Ingredients: Carbonated Water, Invert Sugar Syrup, Citric Acid, Acidity Regulator (Sodium Citrate), Sweeteners (Aspartame, Acesulfame K), Stabilisers (E1450, Glycerol Esters of Wood Rosins), Flavourings, Fruit and Vegetable Concentrates (Blackcurrant, Carrot), Preservatives (Sodium Benzoate, Potassium Sorbate), Colour (Carotenes).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	78	19	4.3	4.2	0.03
9oz	200	48	11.0	10.7	0.08
12oz	266	64	14.7	14.3	0.10
16oz	355	85	19.6	19.1	0.14
22oz	488	117	26.9	26.3	0.19
32oz	710	170	39.2	38.2	0.27
Fat, Saturates, Protein - negligible amount					



Sparkling Fruit Punch Flavour Lemonade Soft Drink with Sugar and Sweeteners.

Ingredients: Carbonated Water, Invert Sugar Syrup, Citric Acid, Acidity Regulator (Sodium Citrate), Stabilisers (E1450, Glycerol Esters of Wood Rosins), Colours (Carotenes, Caramel E150d), Sweeteners (Aspartame, Acesulfame K), Flavourings, Fruit and Vegetable Concentrates (Blackcurrant, Carrot), Preservatives (Sodium Benzoate, Potassium Sorbate).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	74	18	4.2	4.2	0.03
9oz	190	45	10.8	10.7	0.08
12oz	253	61	14.3	14.3	0.10
16oz	338	81	19.1	19.1	0.13
22oz	464	111	26.3	26.2	0.19
32oz	676	161	38.3	38.1	0.27
Fat, Saturates, Protein - negligible amount					



Sparkling Low Calorie Lemonade Soft Drink with Sweeteners.

Ingredients: Carbonated Water, Citric Acid, Acidity Regulator (Sodium Citrate), Sweeteners (Aspartame, Acesulfame K), Stabilisers (E1450, Glycerol Esters of Wood Rosins), Flavourings, Phosphoric acid, Preservatives (Sodium Benzoate, Potassium Sorbate), Colour (Carotenes).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	4	1	0.0	0.0	0.03
9oz	11	3	0.0	0.0	0.08
12oz	14	3	0.1	0.0	0.10
16oz	19	5	0.1	0.0	0.14
22oz	27	6	0.1	0.0	0.19
32oz	39	9	0.1	0.0	0.28
Fat, Saturates, Protein - negligible amount					



Sparkling Low Calorie Cherry Flavour Lemonade Soft Drink with Sweeteners.

Ingredients: Carbonated Water, Citric Acid, Acidity Regulator (Sodium Citrate), Colours (Caramel E150d, Carotenes), Sweeteners (Aspartame, Acesulfame K), Stabilisers (E1450, Glycerol Esters of Wood Rosins), Flavourings, Fruit and Vegetable Concentrates (Blackcurrant, Carrot), Phosphoric Acid, Preservatives (Sodium Benzoate, Potassium Sorbate).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	8	2	0.1	0.0	0.03
9oz	21	5	0.3	0.0	0.08
12oz	28	7	0.4	0.0	0.10
16oz	38	9	0.5	0.0	0.14
22oz	52	12	0.7	0.1	0.19
32oz	76	18	1.1	0.1	0.28
Fat, Saturates, Protein - negligible amount					



Sparkling Low Calorie Orange Flavour Lemonade Soft Drink with Sweeteners.

Ingredients: Carbonated Water, Citric Acid, Acidity Regulator (Sodium Citrate), Sweeteners (Aspartame, Acesulfame K), Stabilisers (Acacia Gum, Glycerol Esters of Wood Rosins, E1450), Flavourings, Phosphoric Acid, Preservatives (Sodium Benzoate, Potassium Sorbate), Colour (Carotenes), Antioxidant (E307).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	5	1	0.0	0.0	0.03
9oz	12	3	0.1	0.0	0.08
12oz	15	4	0.1	0.0	0.10
16oz	21	5	0.2	0.0	0.14
22oz	28	7	0.2	0.0	0.19
32oz	41	10	0.4	0.0	0.28
Fat, Saturates, Protein - negligible amount					



Sparkling Low Calorie Raspberry Flavour Lemonade Soft Drink with Sweeteners.

Ingredients: Carbonated Water, Citric Acid, Acidity Regulator (Sodium Citrate), Sweeteners (Aspartame, Acesulfame K), Stabilisers (E1450, Glycerol Esters of Wood Rosins), Flavourings, Fruit and Vegetable Concentrates (Blackcurrant, Carrot), Phosphoric Acid, Preservatives (Sodium Benzoate, Potassium Sorbate), Colour (Carotenes).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	8	2	0.1	0.0	0.03
9oz	22	5	0.3	0.0	0.08
12oz	29	7	0.5	0.0	0.10
16oz	39	9	0.6	0.0	0.14
22oz	53	13	0.9	0.0	0.19
32oz	77	18	1.2	0.1	0.28
Fat, Saturates, Protein - negligible amount					



Sparkling Low Calorie Strawberry Flavour Lemonade Soft Drink with Sweeteners.

Ingredients: Carbonated Water, Citric Acid, Acidity Regulator (Sodium Citrate), Sweeteners (Aspartame, Acesulfame K), Stabilisers (E1450, Glycerol Esters of Wood Rosins), Flavourings, Fruit and Vegetable Concentrates (Blackcurrant, Carrot), Phosphoric Acid, Preservatives (Sodium Benzoate, Potassium Sorbate), Colour (Carotenes).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	13	3	0.2	0.0	0.03
9oz	33	8	0.5	0.0	0.08
12oz	44	10	0.6	0.1	0.10
16oz	58	14	0.8	0.1	0.14
22oz	80	19	1.1	0.1	0.19
32oz	116	28	1.7	0.1	0.28
Fat, Saturates, Protein - negligible amount					



Sparkling Low Calorie Fruit Punch Flavour Lemonade Soft Drink with Sweeteners.

Ingredients: Carbonated Water, Citric Acid, Acidity Regulator (Sodium Citrate), Colours (Caramel E150d, Carotenes), Sweeteners (Aspartame, Acesulfame K), Stabilisers (E1450, Glycerol Esters of Wood Rosins), Flavourings, Fruit and Vegetable Concentrates (Blackcurrant, Carrot), Phosphoric Acid, Preservatives (Sodium Benzoate, Potassium Sorbate).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	10	2	0.1	0.0	0.03
9oz	25	6	0.4	0.0	0.08
12oz	34	8	0.5	0.0	0.10
16oz	45	11	0.7	0.0	0.14
22oz	62	15	0.9	0.0	0.19
32oz	89	21	1.3	0.1	0.28
Fat, Saturates, Protein - negligible amount					

Sparkling Low Calorie Lemon-Lime Flavour Soft Drink with Sweeteners.

Ingredients: Carbonated Water, Acidity Regulators (Potassium Citrate, Sodium Citrate), Sweeteners (Aspartame, Acesulfame K), Phosphoric Acid, Stabilisers (Acacia Gum, Glycerol Esters of Wood Rosins), Preservatives (Sodium Benzoate), Flavourings.

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	2	1	0.0	0.0	0.01
9oz	5	1	0.0	0.0	0.02
12oz	7	2	0.0	0.0	0.02
16oz	10	2	0.1	0.0	0.03
22oz	13	3	0.1	0.0	0.04
32oz	19	5	0.1	0.0	0.07
Fat, Saturates, Protein - negligible amount					



Sparkling Low Calorie Cherry Flavour Soft Drink with Sweeteners.

Ingredients: Carbonated Water, Citric Acid, Phosphoric Acid, Acidity Regulators (Potassium Citrate, Sodium Citrate), Colour (Caramel E150d), Sweeteners (Aspartame, Acesulfame K), Flavourings, Fruit and Vegetable Concentrates (Blackcurrant, Carrot), Stabilisers (Acacia Gum, Glycerol Esters of Wood Rosins), Preservatives (Sodium Benzoate).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	7	2	0.1	0.0	0.01
9oz	18	4	0.4	0.0	0.02
12oz	24	6	0.5	0.0	0.03
16oz	32	8	0.6	0.0	0.03
22oz	44	11	0.9	0.1	0.05
32oz	64	15	1.3	0.1	0.07
Fat, Saturates, Protein - negligible amount					



Sparkling Low Calorie Orange Flavour Soft Drink with Sweeteners.

Ingredients: Carbonated Water, Citric Acid, Phosphoric Acid, Acidity Regulators (Potassium Citrate, Sodium Citrate), Stabilisers (Acacia Gum, Glycerol Esters of Wood Rosinss), Sweeteners (Aspartame, Acesulfame K), Flavourings, Preservatives (Sodium Benzoate, Potassium Sorbate), Colour (Carotenes), Antioxidant (E307).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	3	1	0.0	0.0	0.01
9oz	7	2	0.1	0.0	0.02
12oz	9	2	0.2	0.0	0.03
16oz	12	3	0.2	0.0	0.04
22oz	16	4	0.3	0.0	0.05
32oz	23	6	0.4	0.0	0.07
Fat, Saturates, Protein - negligible amount					



Sparkling Low Calorie Vanilla Flavour Soft Drink with Sweeteners.

Ingredients: Carbonated Water, Citric Acid, Phosphoric Acid, Acidity Regulators (Potassium Citrate, Sodium Citrate), Sweeteners (Aspartame, Acesulfame K), Flavourings, Stabilisers (Acacia Gum, Glycerol Esters of Wood Rosins), Preservatives (Sodium Benzoate).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	6	1	0.1	0.0	0.01
9oz	16	4	0.3	0.0	0.02
12oz	21	5	0.4	0.0	0.02
16oz	28	7	0.6	0.0	0.03
22oz	39	9	0.8	0.0	0.04
32oz	57	14	1.1	0.0	0.07
Fat, Saturates, Protein - negligible amount					



Sparkling Low Calorie Raspberry Flavour Soft Drink with Sweeteners.

Ingredients: Carbonated Water, Citric Acid, Phosphoric Acid, Acidity Regulators (Potassium Citrate, Sodium Citrate), Sweeteners (Aspartame, Acesulfame K), Flavourings, Fruit and Vegetable Concentrates (Blackcurrant, Carrot), Stabilisers (Acacia Gum, Glycerol Esters of Wood Rosins), Preservatives (Sodium Benzoate).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	7	2	0.2	0.0	0.01
9oz	19	5	0.4	0.0	0.02
12oz	25	6	0.6	0.0	0.02
16oz	34	8	0.8	0.0	0.03
22oz	47	11	1.0	0.0	0.04
32oz	68	16	1.5	0.1	0.07
Fat, Saturates, Protein - negligible amount					



Sparkling Low Calorie Grape Flavour Soft Drink with Sweeteners.

Ingredients: Carbonated Water, Citric Acid, Phosphoric Acid, Acidity Regulators (Potassium Citrate, Sodium Citrate), Colour (Caramel E150d), Sweeteners (Aspartame, Acesulfame K), Flavourings, Fruit and Vegetable Concentrates (Blackcurrant, Carrot), Stabilisers (Acacia Gum, Glycerol Esters of Wood Rosins), Preservatives (Sodium Benzoate).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	5	1	0.1	0.0	0.01
9oz	13	3	0.2	0.0	0.02
12oz	17	4	0.3	0.0	0.03
16oz	23	5	0.4	0.1	0.03
22oz	31	8	0.5	0.1	0.05
32oz	46	11	0.7	0.1	0.07
Fat, Saturates, Protein - negligible amount					



Sparkling Low Calorie Peach Flavour Soft Drink with Sweeteners.

Ingredients: Carbonated Water, Citric Acid, Phosphoric Acid, Acidity Regulators (Potassium Citrate, Sodium Citrate), Colour (Caramel E150d), Sweeteners (Aspartame, Acesulfame K), Flavourings, Fruit and Vegetable Concentrates (Blackcurrant, Carrot), Stabilisers (Acacia Gum, Glycerol Esters of Wood Rosins), Preservatives (Sodium Benzoate).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	6	2	0.1	0.0	0.01
9oz	16	4	0.3	0.0	0.02
12oz	22	5	0.4	0.0	0.03
16oz	29	7	0.5	0.0	0.03
22oz	40	9	0.7	0.0	0.05
32oz	58	14	1.0	0.0	0.07
Fat, Saturates, Protein - negligible amount					



Sparkling Low Calorie Strawberry Flavour Soft Drink with Sweeteners.

Ingredients: Carbonated Water, Citric Acid, Acidity Regulators (Potassium Citrate, Sodium Citrate), Sweeteners (Aspartame, Acesulfame K), Flavourings, Fruit and Vegetable Concentrates (Blackcurrant, Carrot), Phosphoric Acid, Stabilisers (Acacia Gum, Glycerol Esters of Wood Rosins), Preservatives (Sodium Benzoate).

Contains a source of Phenylalanine.

Nutritional Information					
Sizes	**Energy kJ**	**Energy kcal**	**Carbohydrate (g)**	**Sugars (g)**	**Salt (g)**
100ml	6	2	0.1	0.0	0.01
9oz	16	4	0.3	0.0	0.02
12oz	22	5	0.3	0.0	0.03
16oz	29	7	0.5	0.0	0.03
22oz	40	10	0.6	0.0	0.05
32oz	58	14	0.9	0.1	0.07
Fat, Saturates, Protein - negligible amount					

www.freestylenutritionbooklet.info

www.freestyleonboarding.com



© 2026 The Coca-Cola Company. COCA-COLA FREESTYLE, COCA-COLA, COCA-COLA ZERO SUGAR, DIET COKE, THE DYNAMIC RIBBON DESIGN, FANTA, POWERADE, SPRITE and MEZZO MIX are trademarks of The Coca-Cola Company. SCHWEPPES and DR PEPPER are trademarks of European Refreshment Unlimited Company and FUZE TEA is a trademark of DP Beverages Unlimited Company.

www.freestylenutritionbooklet.info

Q326