

	<b>SERIOUS SMOOTHIES</b>	<b>Revision No: 1.3</b>
	<b>Product Specification Booster</b>	<b>Issue Date: 27/08/2020</b>
		<b>Internal Product Code:  8001</b>

<b>Product Description</b>	Booster: A frozen smoothie mix containing a mix of IQF fruits, vegetables and frozen fruit juice.
<b>Supplier</b>	Seriously Healthy Limited
<b>Process</b>	IQF fruit packed into a clear pillow pouch 180g which is then placed into a printed shipper carton with 12 units per shipper.
<b>Best Before</b>	2 Years from production date
<b>Ingredients</b>	Mango, Banana, Spinach, Lime Juice
<b>Packaging Format</b>	12 x 180g pouches packed into a printed 2.16kg carton.
<b>Storage</b>	Product must be kept frozen at -18°C until use
<b>Transport / Shipping</b>	Product will be shipped frozen at -18°C.
<b>Other</b>	Product frozen at -18°C. Product is non-pasteurised.

1. The specification above is based on a typical sample and the specification should be viewed as a guideline only.
2. Some variation in colour for a natural product is normal.
3. Variation in viscosity is normal for a natural product and fruit held across a season for processing.



## Nutritional Information

Servings per pack: 1								
Serving Size: 180g plus 250mL water, coconut water or diluted apple juice								
	Avg qty per 180g serving	Avg qty per per 100g	<b>*Avg qty per 180g serving with 250mL water</b>	<b>Avg Qty per 100mL</b>	*Avg qty per 180g serving with 250mL coconut water	Avg Qty per 100mL	<b>*Avg qty per 180g serving with 125mL water, 125mL apple juice</b>	<b>Avg Qty per 100mL</b>
Energy	770kJ	428kJ	<b>770kJ</b>	<b>171kJ</b>	987kJ	219kJ	<b>929kJ</b>	<b>206kJ</b>
Protein	2.1g	1.1g	<b>2.1g</b>	<b>0.5g</b>	3.3g	0.7g	<b>2.3g</b>	<b>0.5g</b>
Fat, total	0.2g	0.1g	<b>0.2g</b>	<b>0.0g</b>	0.4g	0.1g	<b>0.2g</b>	<b>0.0g</b>
Fat, saturated	0.0g	0.0g	<b>0.0g</b>	<b>0.0g</b>	0.3g	0.1g	<b>0.0g</b>	<b>0.0g</b>
Carbohydrate, total	43.9g	24.4g	<b>43.9g</b>	<b>9.8g</b>	55.7g	12.4g	<b>53.2g</b>	<b>11.8g</b>
Sugars	21.6g	12.0g	<b>21.6g</b>	<b>4.8g</b>	33.4g	7.4g	<b>30.9g</b>	<b>6.9g</b>
Dietary Fibre	2.0g	1.1g	<b>2.0g</b>	<b>0.4g</b>	2.0g	0.4g	<b>2.3g</b>	<b>0.5g</b>
Sodium	31mg	17mg	<b>31mg</b>	<b>7mg</b>	73mg	16mg	<b>38mg</b>	<b>8mg</b>

\* makes 450mL fruit smoothie where made up as directed

+serving suggestion

INGREDIENTS: Banana (44%), mango (43%), spinach (9%), lime juice (4%).