

Typical Values		Per 100ml	%RI*	Per mug**
Energy KJ	5kJ	9kJ	<1%	
Energy Kcal	1 kcal	2 kcal	<1%	
Fat	Trace	Trace	<1%	
of which saturates	Nil	Trace	<1%	
Carbohydrates	Trace	0.1g	<1%	
of which sugars	Trace	0.1g	<1%	
Fibre	0.3g	0.6g	<1%	
Protein	0.1g	0.1g	<1%	
Salt	Nil	Trace	<1%	

*Reference Intake of an average adult (8400 kJ / 2000 kcal)

**One mug (one tsp (1.8g) + 200ml water); used as basis for per 100ml

Per Portions



of an adult's Reference Intake (RI)*

Energy per 100ml: 5 kJ / 1 kcal

*Reference Intake of an average adult (8400 kJ / 2000 kcal)