

RAW JUICES

FLOO JUICE

INGREDIENTS: orange, carrot, lemon, ginger, cayenne pepper

HEALTHY FACT

The ingredients for Floo Juice are all high in vitamin C and anti-inflammatory compounds that work synergistically to support immune function.



	Per 100 ml	Per 350 ml serving	Per 500 ml serving
Energy (kJ)	195	636,9	903,2
Protein (g)	0,5	3,1	4,3
Carbohydrate (g)	11	35,2	50
of which Total Sugar (g)	9,2	20	29,2
Total fat (g)	0,2	0,8	1,1
of which Saturated fat (g)	0	0,1	0,2
Dietary fibre (g)	0,8	2,2	3
Total Sodium (mg)	35	123	174

HEART BEET

INGREDIENTS: apple, beetroot, cucumber, lemon, mint

HEALTHY FACT

Beetroot juice is rich in nitrates which have been shown to help improve stamina and exercise performance.



	Per 100 ml	Per 350 ml serving	Per 500 ml serving
Energy (kJ)	195	533,1	758,5
Protein (g)	0,5	1,3	1,7
Carbohydrate (g)	11	31,2	44,4
of which Total Sugar (g)	9,2	24,7	35,1
Total fat (g)	0,2	0,5	0,7
of which Saturated fat (g)	0	0,1	0,1
Dietary fibre (g)	0,8	1,4	2
Total Sodium (mg)	6,5	27	32

LEMON CUCUMBER COOLER

INGREDIENTS: cucumber, lemon, pineapple, celery, apple, mint

HEALTHY FACT

Celery and cucumber both contain hydrating salts – magnesium, potassium and sodium – making this clean green juice a great choice for rehydration!



	Per 100 ml	Per 350 ml serving	Per 500 ml serving
Energy (kJ)	123	430	455
Protein (g)	0,4	1,4	7,3
Carbohydrate (g)	7	25	29
of which Total Sugar (g)	5,2	18,2	20,6
Total fat (g)	0,1	0,3	0,4
of which Saturated fat (g)	0	0,1	1
Dietary fibre (g)	0,4	1,3	4,9
Total Sodium (mg)	9	31	56

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DRAGON FIRE

INGREDIENTS: dragon fruit, ginger, apple, cucumber, celery

HEALTHY FACT Dragon fruit is very nutrient dense, this means it has a very high micronutrient content (like vitamin C) for the amount of kilojoules in a serving.



	Per 100 ml	Per 350 ml serving	Per 500 ml serving
Energy (kJ)	177	619	824
Protein (g)	0,6	2,1	2,7
Carbohydrate (g)	9	33	45
of which Total Sugar (g)	5,9	20,7	29,2
Total fat (g)	0,5	1,6	1,8
of which Saturated fat (g)	0	0,1	0,1
Dietary fibre (g)	0,3	1,1	1,7
Total Sodium (mg)	5	19	24

YOUR DAILY GREENS

INGREDIENTS: apple, kale, spinach, cucumber, celery, chia seeds

HEALTHY FACT Kale, it is rich in fiber, vitamin C, A and K, and also a great source of plant chemicals (phytochemicals) that can help the function of the liver and protect against certain cancers



	Per 100 ml	Per 350 ml serving	Per 500 ml serving
Energy (kJ)	195	561	671,8
Protein (g)	0,5	2,2	2,9
Carbohydrate (g)	11	30,4	36,8
of which Total Sugar (g)	9,2	22,3	26,4
Total fat (g)	0,2	1,2	1,4
of which Saturated fat (g)	0	0,2	0,2
Dietary fibre (g)	0,8	3	3,5
Total Sodium (mg)	18	63	65,2