

Warm UP YOUR winter

Cosy up to a
comforting cup of
Lemon & Ginger Water



- Clear Fluid
- Low Sodium
- No Artificial Colours or Flavours
- Available in IDDSI Level 2, 3 and 4

Stay hydrated and strengthen your immune system with Flavour Creations' dietitian-approved, naturally soothing Lemon & Ginger Water. Tantalising your taste buds with a zing of lemon and gingery spice, these classic flavours are a perfect winter warmer drink. Wake up with Lemon & Ginger Water, enjoy as an afternoon pick-me-up or relax with a cosy night cap.



NUTRITION INFO

(AVERAGE) Level 3 (400)

Serving Size: 175mL	Per Serve	Per 100mL
Energy	kJ 127	73
	kcal 30	17
Protein Total	g 0.1	0.1
- gluten	mg Not detected	
Fat, total	g 0	0
- saturated fat	g 0	0
- trans	g 0	0
Cholesterol	mg 0	0
Carbohydrate	g 6.5	3.7
- sugars	g 6.4	3.6
- lactose	g 0	0
- galactose	g 0	0
Dietary Fibre	g 1.8	1.0
Sodium	mg 93	53
Potassium	mg 7	4
Moisture	g 168	96

Heat Lemon & Ginger Water to 50°C*:

1. Remove the foil lid.
2. Heat in microwave on high for approximately 50 seconds (800 watts) or 30 seconds (1100 watts).
3. Stir and serve at 50°C. Enjoy!

*Temperature must not exceed 50°C when served, for consumer safety and to remain IDDSI compliant

DISCOVER OUR WINTER WARMERS

All varieties available in 3 consistent viscosities:



For more information and to order, contact at Sales@FlavourCreations.com.au