

# Nutrition Facts

Per (371 g)

**Calories 190**

**% Daily Value\***

**Fat 6 g** 9 %  
Saturated 4 g 22 %  
+ Trans 0.3 g

**Carbohydrate 22 g**  
Fibre 1 g 2 %  
Sugars 22 g 22 %

**Protein 11 g**

**Cholesterol 25 mg**

**Sodium 160 mg** 7 %

Potassium 450 mg 10 %

Calcium 400 mg 31 %

Iron 0.1 mg 1 %

\*5% or less is a little, 15% or more is a lot

**Ingredients:** Milk, fluid, partly skimmed, 2% M.F., BREWED TEA (WATER, ORGANIC BLACK TEA, SPICE EXTRACTS [CASSIA, GINGER, CARDAMOM, CLOVE, ANISE, NUTMEG, BLACK PEPPER], NATURAL FLAVORS), ORGANIC CANE SUGAR, CONTAINS LESS THAN 1% OF ORGANIC CARAMEL COLOR, ORGANIC GINGER JUICE, CITRIC ACID, NATURAL FLAVORS., Spices, cinnamon, ground

**Contains:** Milk