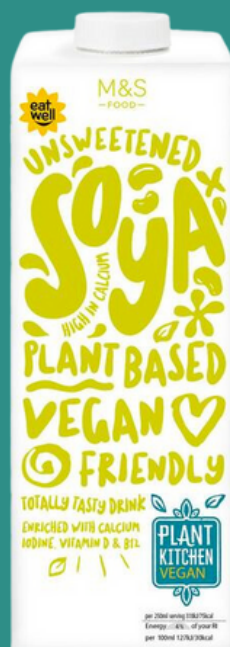




NUTRITIONAL COMPOSITION OF PLANT-BASED DRINKS

Data sourced March 2023



SOYA

(PER 100ML)



Fat: 1.8g
Sat Fat: 0.3g
Protein: 3.3g
Sugar: 0g
Calcium: 120mg
Vitamin B12: 0.38µg
Riboflavin (B2): 0.21mg
Vitamin D: 0.75µg



Fat: 2.1g
Sat Fat: 0.3g
Protein: 2.5g
Sugar: 2.5g
Calcium: 120mg
Vitamin B12: 0.38µg
Iodine: 24.5µg
Riboflavin (B2): 0.21mg
Vitamin D: 1.5µg
Vitamin C: 12mg
Iron: 2.1 mg



Fat: 1.1g
Sat Fat: 0.2g
Protein: 2g
Sugar: <0.5g
Calcium: 122mg
Vitamin B12: 0.39µg
Iodine: 35µg
Riboflavin (B2): 0.21mg
Vitamin D: 0.76µg

Fat: 2.8g
Sat Fat: 0.5g
Protein: 5g
Sugar: 2.5g
Calcium: 120mg
Vitamin B12: 0.38µg
Riboflavin (B2): 0.21mg
Vitamin D: 0.75µg



Fat: 1.9g
Sat Fat: 0.3g
Protein: 2.8g
Sugar: 0.5g
Calcium: 120mg
Vitamin B12: 0.76µg
Iodine: 45µg
Vitamin D: 1.5µg



Fat: 2.1g
Sat Fat: 0.3g
Protein: 3.4g
Sugar: 0.5g
Calcium: 120mg
Vitamin B12: 0.38µg
Iodine: 22.4µg
Riboflavin (B2): 0.21mg
Vitamin D: 0.75µg



Fat: 1.9g
Sat Fat: 0.3g
Protein: 3.3g
Sugar: 2.5g
Calcium: 120mg
Vitamin B12: 0.38µg
Riboflavin (B2): 0.21mg
Vitamin D: 0.75µg

Fat: 1.9g
Sat Fat: 0.3g
Protein: 3.3g
Sugar: 0g



OAT

(PER 100ML)



Fat: 1.5g
Sat Fat: 0.2g
Protein: 1.1g
Sugar: 3.5g
Calcium: 120mg
Vitamin B12: 0.38µg
Iodine: 22.5µg
Riboflavin (B2): 0.21mg
Vitamin D: 1.1µg



Fat: 3.3g
Sat Fat: 0.3g
Protein: 1.8g
Sugar: 2.5g
Calcium: 120mg
Vitamin B12: 0.38µg
Iodine: 11.3µg
Riboflavin (B2): 0.21mg
Vitamin D: 1.5µg
Vitamin A: 60µg
Vitamin C: 12mg
Vitamin E: 1.3mg
Vitamin B9: 15µg
Zinc: 0.9mg
Iron: 1.4 mg



Fat: 1.5g
Sat Fat: 0.2g
Protein: 0.2g
Sugar: 3.3g
Calcium: 120mg
Vitamin B12: 0.9µg
Iodine: 30µg
Vitamin D: 0.75µg

Fat: 1.5g
Sat Fat: 0.2g
Protein: 0.2g
Sugar: 0g
Calcium: 120mg
Vitamin B12: 0.38µg
Riboflavin (B2): 0.21mg
Vitamin D: 0.75µg



Fat: 2.2g
Sat Fat: 0.9g
Protein: 1.1g
Sugar: 2.7g
Calcium: 128mg
Vitamin B12: 0.4µg
Iodine: 36µg
Riboflavin (B2): 0.21mg
Vitamin D: 0.8µg



Fat: 1.5g
Sat Fat: 0.2g
Protein: 0.5g
Sugar: 4.2g
Calcium: 120mg
Vitamin B12: 0.38µg
Iodine: 22.4µg
Riboflavin (B2): 0.21mg
Vitamin D: 0.75µg



Fat: 1.5g
Sat Fat: 0.1g
Protein: 0.3g
Sugar: 3.3g
Calcium: 120mg
Vitamin B12: 0.38µg
Riboflavin (B2): 0.21mg
Vitamin D: 0.75µg

Fat: 0.3g
Sat Fat: 0.1g
Protein: 0.6g
Sugar: 3.8g



ALMOND

(PER 100ML)



Fat: 1.1g
Sat Fat: 0.1g
Protein: 0.4g
Sugar: 0g

Calcium: 120mg
Vitamin B12: 0.38µg
Riboflavin (B2): 0.21mg
Vitamin D: 0.75µg
Vitamin E: 1.8mg



Fat: 1.1g
Sat Fat: <0.1g
Protein: <0.5g
Sugar: 0g

Calcium: 120mg
Vitamin B12: 0.38µg
Vitamin E: 1.8mg



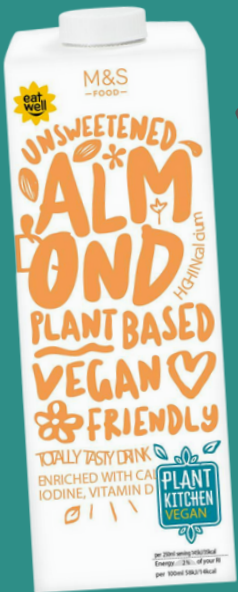
Fat: 1.5g
Sat Fat: 0.8g
Protein: 0.8g
Sugar: <0.5g

Calcium: 121mg
Vitamin B12: 0.38µg
Iodine: 35µg
Riboflavin (B2): 0.21mg
Vitamin D: 0.75µg



Fat: 1g
Sat Fat: 0.1g
Protein: 0.7g
Sugar: 0.5g

Calcium: 120mg
Vitamin B12: 0.38µg
Iodine: 22.4µg
Riboflavin (B2): 0.21mg
Vitamin D: 0.75µg
Vitamin E: 1.8mg



Fat: 0.9g
Sat Fat: 0.1g
Protein: 0.5g
Sugar: 0.2g

Calcium: 120mg
Vitamin B12: 0.76µg
Iodine: 45µg
Vitamin D: 1.5µg



Fat: 1.3g
Sat Fat: 0.1g
Protein: 0.5g
Sugar: 0.1g
Calcium: 185mg



Fat: 1.1g
Sat Fat: 0.1g
Protein: 0.4g
Sugar: 2.4g

Calcium: 120mg
Vitamin B12: 0.38µg
Riboflavin (B2): 0.21mg
Vitamin D: 0.75µg
Vitamin E: 1.8mg



Fat: 1.5g
Sat Fat: 0.3g
Protein: <0.5g
Sugar: 4.7g

COCONUT & CASHEW

(PER 100ML)



DAIRY & SOYA FREE

Fat: 1.3g
Sat Fat: 1.1g
 Protein: 0.7g
Sugar: 0.2g
 Calcium: 120mg
 Vitamin B12: 0.38µg
 Vitamin D: 0.75µg



Fat: 1.3g
Sat Fat: 1.1g
 Protein: <0.5g
Sugar: 3g
 Calcium: 135mg

Fat: 1g
Sat Fat: 0.9g
 Protein: <0.5g
Sugar: 1.5g
 Calcium: 122mg
 Vitamin B12: 0.38µg
 Iodine: 24.7µg
 Vitamin D: 0.76µg
 Vitamin E: 1.8mg



Fat: 0.9g
Sat Fat: 0.8g
 Protein: 0.4g
Sugar: 1.9g
 Calcium: 120mg
 Vitamin B12: 0.38µg
 Iodine: 22.4µg
 Vitamin D: 0.75µg



Fat: 1.9g
Sat Fat: 1.7g
 Protein: 0.2g
Sugar: 2g
 Calcium: 120mg
 Vitamin B12: 0.9µg
 Iodine: 30µg
 Vitamin D: 0.75µg

Fat: 1.1g
Sat Fat: 0.2g
 Protein: 0.5g
Sugar: 2g
 Calcium: 120mg
 Vitamin B12: 0.38µg
 Riboflavin (B2): 0.21mg
 Vitamin D: 0.75µg
 Vitamin E: 1.8mg



Fat: 1.2g
Sat Fat: 1.1g
 Protein: 0.1g
Sugar: 0g
 Calcium: 120mg
 Vitamin B12: 0.38µg
 Vitamin D: 0.75µg



Fat: 2.2g
Sat Fat: 0.4g
 Protein: 0.9g
Sugar: 0.2g

PEA, HEMP, RICE & HAZELNUT

(PER 100ML)



Fat: 1.9g
Sat Fat: 0.3g
Protein: 2g
Sugar: 0.1g
Calcium: 186mg
Vitamin B12: 0.94µg
Iodine: 31µg
Vitamin D: 0.78µg



Fat: 2.7g
Sat Fat: 0.3g
Protein: 0.1g
Sugar: 0.2g
Omega-3 (ALA): 0.5g*
Omega-6: 1.6g*
 (*naturally occurring)



Fat: 1.4g
Sat Fat: 0.1g
Protein: 2.2g
Sugar: 0g
Calcium: 122mg
Vitamin B12: 0.38µg
Riboflavin (B2): 0.21mg
Vitamin D: 0.75µg



Fat: 1g
Sat Fat: 0.1g
Protein: 0.1g
Sugar: 7.1g
Calcium: 120mg
Vitamin B12: 0.38µg
Vitamin D: 0.75µg



Fat: 1.8g
Sat Fat: 0.2g
Protein: 1.6g
Sugar: 0g
Calcium: 120mg
Vitamin B12: 0.38µg
Vitamin D: 1µg

Fat: 1g
Sat Fat: 0.1g
Protein: 0.1g
Sugar: 3.3g
Calcium: 120mg
Vitamin B12: 0.38µg
Vitamin D: 0.75µg



Fat: 1.6g
Sat Fat: 0.2g
Protein: 0.4g
Sugar: 3.2g
Calcium: 120mg
Vitamin B12: 0.38µg
Riboflavin (B2): 0.21mg
Vitamin D: 0.75µg
Vitamin E: 1.8mg



Fat: 1.7g
Sat Fat: 0.2g
Protein: <0.5g
Sugar: 5g