**Formulated Beverage Survey** - **New Zealand 2005**

***Summary***

**Attachment 4a**

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| **Product Name** | **Content Claims** | **Other Claims** | **Directions for Use** | **Warnings and Advisory Statements** | **Package Size** | **Serving Size** |
| **AQUASHOT**  *Flavours: Lime, Raspberry, Mandarin and Apple* | Active water.  Picture of the flavouring fruit with 5 B-vitamin symbols attached. | If you want to grab life's opportunities, you need to be on your game. Aqua Shot is active water with a refreshing burst of fruit flavour and the boost of 5 essential vitamins, making it the tastiest way to keep hydrated, so you'll never miss a shot. | Please remove foil seal from under cap.  Store in a cool place.  For best before date see bottle. | Recommended daily consumption:  adults up to 6 bottles; children between 3 and 13 up to 2 bottles. |  | 200ml |
| **WATERPLUS**  *Flavours: Peach, Lemon & Lime, Lemon, Melon and Mandarin* | Low joule.  5 minerals. 7 vitamins.  Electrolytes are essential minerals that assist in hydration.  Antioxidants are vitamins that help to protect your body against harmful free radicals. | Waterplus takes the hard work out of hydration. A refreshing blend of pure mineral water, light flavours, with vitamins and minerals.  Waterplus is easy to drink. And most importantly with no sugar and only 2 calories per bottle you'll bum it off in around 30 seconds of walking. Drink Waterplus and feel the difference. | Remove quality seal under cap.  Keep refrigerated once opened. |  | 710ml | 710ml |
| **CHARLIE'S SPORTS WATER**  *Flavours: Cranberry & Raspberry, Mandarin, Lemon & Lime and Blackcurrant* | No added sugar. No artificial sweeteners. No preservatives.  Vitamins charged C, B3, B5, B6, B12, E |  | Serve chilled, refrigerate after opening.  Consume within fourdays of opening.  Remove safety seal under sipper cap. |  | 800ml & 3L | 200ml |
| **e2**  *Flavours: Apple Crush, Orange, Lemon & Lime, Mango and Blackcurrant &Apple* | Liquid Energy.  With fruit juice and vitamins.  Lists "A, Bl, B5, B6, E" under the product title. | e2. The powerful fruit hit that's packed with full-on fruit flavours and vitamins. With a wicked combination of fruit juice, vitamins, minerals and electrolytes, you're drinking liquid energy, bursting with awesome flavour. Re- fuelling your body, keeping you charged.  Doing the things you want to. Whenever,  wherever. e2, don't run out of "juice". | Best before date see top of bottle.  Serve chilled. Store in cool place.  Refrigerate after opening. | The cap contains small parts and is therefore not suitable for unsupervised children under 36 months. | 400ml & 800ml | 200ml |
| **GFORCE**  *Flavours: Apple & Blackcurrant and Orange &Mandarin* | Fruit drink with vitamins to go! |  | Push & go cap instructions.  Serve chilled, once opened keep refrigerated. | Warning: Choking risk. This cap contains small parts. Not suitable for children under 36 months. | 800ml | 400ml |

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| **MIZONE SPORTS WATER**  *Flavours: Mandarin, Lime, Lemon, Passionfruit, Crisp Apple* | 5 essential vitamins C, B3, B5, B6, B12.  Vitamin C - assists with recovery and protection.  B vitamin's - aid in energy metabolism. | Active hydration. MIZONE Sportswater is a great tasting blend of purified water and fruit flavours with the benefits of 5 essential vitamins that's easy to drink and helps you feel at your best. MIZONE Sportswater helps you rehydrate your body so you can get in your zone and achieve your goals. | Remove safety seal under sipper cap.  Serve chilled, once opened keep refrigerated. | Warning: Choking risk. This cap contains small parts. Not suitable for children under 36 months. | 800ml | 200ml |
| **MIZONE PEAK**  **Performance Sportswater**  *Flavours: Mandarin and Lime* | 5 essential vitamins plus Teavigo.  Teavigo EGCG - green tea extract which helps utilise energy, increases blood flow and acts as a potent antioxidant.  Iron - to help get oxygen around the body.  B vitamins - aid in energy metabolism.  Vitamin C - assists with recovery and protection. | It's the combination of Iron and Teavigo in MIZONE Peak Sportswater which helps you to perform at your best by keeping you hydrated and assisting you to maximise energy output. | Remove safety seal under sipper cap.  Serve chilled, once opened keep refrigerated. | Warning: Choking risk. This cap contains small parts. Not suitable for children under 36 months. | 650ml | 650ml |
| **POWERADE WATER**  *Flavours: Mandarin, Lime & Grapefruit* | With 5 essential vitamins B3, B5, B6, B9, B12 | We all know how essential drinking water is to our everyday health, but for some of us, plain water is just hard to drink. Powerade Water contains purified water, with a refreshing splash of fruity flavour, 5 essential vitamins & electrolytes. Now it's easy to drink water every day. So whether you're at work, at home or on the go, drink Powerade Water. | Please remove foil seal from under cap.  Best before date see top of bottle.  Store in cool place. |  | 750ml | 400ml |
| **THEXTON'S FRUIT**  **DRINK**  *Flavours: Pink*  *Grapefruit, Cranberry and Red Grape* | With vitamins A, C & E. |  | Store in a cool place.  Refrigerate after opening.  For best before date see top of bottle. |  | 3L | 200ml |
| **CAPRI-SONNE**  **MULTIVITAMIN**  *Fruit Juice Drink* | With 12% fruit juice. Enriched with 9 vitamins. |  | Best before: see narrow side flap. |  | 10x 200ml | 200ml |

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**Formulated Beverage Survey - New Zealand 2005**

***Composition***

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| **Product Name** | **Serving Size** | **No. of serves per day** | **Energy**  **(kJ)** | **Total Fat**  (g) | **Protein**  (g) | **Carbo- hydrate**  (g) | **Sugars**  (g) | **Vitamins (percentage RDI per serve)** | **Minerals**  **(percentage RDI per serve)** | **Herbal Extracts** |
|  |  |  | **Per 100 ml product** | | | | | | | |
| **AQUA SHOT** | 200ml | Adults - 24 maximum Children - 8 maximum | 44 | 0 | 0 | 2.5 | 2.5 | B3=0.5mg (10%) B5=0.25mg B6=0.08mg 10%)  B9=20ug (20%)  B12=0.2ug (20%) | Soduim=3mg |  |
| **WATERPLUS** | 710ml | Not Specified | 2 | 0 | 0 | <0.l | 0 | B1=0.04mg (25%)  B3=0.4mg (25%) B5=0.2mg B6=0.06mg (25%)  B12=0.lmg (25%) C=1mg (25%) E=0.lmg (10%) | Sodium=6mg Potassium=6mg Calcium=11 mg (10%) Magnesium=5mg (10%) Zinc=0.2mg (10%) |  |
| **CHARLIE’S SPORTS WATER** | 200ml | 8 serves | 59.3 | 0.01 | 0.06 | 3.34 | 3.2 | B3=1.0mg (20%)  B5=0.5mg (20%)  B6=0.16mg (20%)  B12=0.lug (l0%) E=0.5mg (l0%) C=20.0mg (100%) | Sodium=9mg (0.8%) |  |
| **e2** | 200ml | Recommended daily consumption, adults up to 2 litres, children above 3 years up to 800ml. | 171 | <1 | <1 | 9.8 | 9.7 | B1=0.06mg (10%)  B3=0.5mg (10%) B5=0.3mg B6=0.08mg (10%)  A=37.5ug (10%) E=0.5mg(10%) | Sodium=20mg Potassium=8.3mg Calcium=3.8mg |  |
| **GFORCE** | 400ml | Not Specified | 177 | <I | <l | 10.4 | 10.4 | C=35mg (350%) E=lmg (40%) B3=lmg (40%) B5=0.5mg B6=0.16mg (40%)  B12=0.2ug (40%) | Sodium=4. 7mg |  |

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| **MIZONE SPORTS**  **WATER.** | 200ml | Not Specified | 43 | 0 | 0 | 2.5 | 2.5 | C=20mg (100%)  B3=1mg  B5=0.5mg  B6=0 16mg (20%)  B12=0.lug (10%) | Sodium=<5mg |  |
| **MIZONE PEAK**  **Performance**  **Sportswater** | 650ml | Not Specified | 53 | 0 | <1 | 3 | 2.9 | C=6mg (100%)  B3=0.3mg (20%)  B5=0.15mg  B6=0.05mg (20%)  B12=0.03ug (10%) | Sodium=<5rng  Iron=0. L 8mg (10%) | Epigallocatechin Gallate  (EGCG) - Green Tea  extract |
| **POWERADE WATER** | 400ml | Recommended daily consumption, Adults up to 6 bottles, children between 3 and 13 up to 2 bottles. | 41 | 0 | 0 | 2.3 | 2.3 | B3=0.5mg (20%) B5=0.25mg B6=0.08mg (20%)  B9=20ug (40%)  Bl2=0.2ug (40%) | Sodium=12mg Potassium=l4mg |  |
| **THEXTON’S Fruit**  **Drink** | 200ml | Recommended daily consumption, adults up to 2 litres, children above 3 years up to  1.2 litres. | 196 | <1 | <1 | 11.3 | 11.3 | A=50ug (13%) C=8mg (40%) E=0.6mg (12%) | Sodium=l2mg |  |
| **CAPRI-SONNE**  **MULTIVITAMIN Fruit**  **Juice Drink** | 200ml | Not Specified | 179 | <0.1 | <0.1 | 10.2 | 10.2 | Bl=0.2lmg (15%)  B3=2.7mg (15%)  B5=0.9mg (15%)  B6=0.3mg (l5%)  B9=30ug (15%)  Biotin=22.5ug (15%)  B12=0.15ug (15%)  C=9mg (l5%)  E=l.5mg (l5%) | Sodium=<20mg (as per  distributors label) |  |

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**Formulated Beverage Survey** - **Australia 2005**

***Manufacturer & Ingredients***

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| **Product Name** | **Manufacturer Details** | **Country of Origin** | **Distributor Details (if necessary)** | **Ingredients** |
| **AQUA SHOT** | Coca-Cola Amatil (N.Z.) Limited The Oasis  Mt Wellington  Auckland, NZ | New Zealand |  | WATER, APPLE JUICE FROM CONCENTRATE (4.5%), FRUCTOSE, APPLE CIDER VINEGAR, FLAVOUR, FOOD ACID (330), LACTOSE, VITAMINS (B3 (NIACIN), B5, B6, B9 (FOLIC ACID), B12). |
| **WATERPLUS** | Sanitarium Health Food Company 124 Pah Road  Royal Oak Auckland, NZ | New Zealand |  | WATER (99%), MINERALS (MAGNESIUM GLUCONATE, CALCIUM LACTATE, POTASSIUM BICARBONATE, SODIUM CHLORIDE, ZINC GLUCONATE), VITAMINS (C, B3, E ACETATE, B5, B6, Bl, Bl2), FOOD ACIDS (CITRIC ACID, MALIC ACID), FLAVOUR, ARTIFICIAL SWEETENER. |
| **CHARLIE’S SPORTS WATER** |  | New Zealand | Charlie’s Trading Company Ltd 125 The Strand  Parnell Auckland, NZ  PH 0800 126 435  office@charlies.co.nz/www.charlies.co.oz | WATER (95%), RECONSTITUTED APPLE JUICE, VITAMINS C, B3, B5, B6, Bl2, E, APPLE CIDER VINEGAR, FLAVOUR, FOOD ACID (330). |
| **e2** | Coca-Cola Amatil (N.Z.) Limited The Oasis  Mt Wellington Auckland, NZ | New Zealand |  | BLACKCURRANT & APPLE CONTAINS: WATER, SUGAR, BLACKCURRANT JUICE FROM CONCENTRATE (2.7%), APPLE JUICE FROM CONCENTRATE (2.3%), FOOD ACID (330), FLAVOUR, MINERALS (POTASSIUM, SODIUM, CALCIUM), VITAMINS (A, NIACIN, E, B5, B6, Bl), PRESERVATIVES (211,202), COLOURS (150d, 102). |
| **GFORCE** | Frucor Beverages Ltd 97 Plunket Ave  Wiri Auckland, NZ  PH 0800 502 929  [www.frucor.com](http://www.frucor.com/) | New Zealand |  | ORANGE & MANDARIN CONTAINS: WATER, RECONSTITUTED FRUIT JUICE (ORANGE (7%), MANDARIN (3%)), SUGAR, ACIDITY REGULATORS (330,331), FLAVOURS, VITAMINS (ASCORBIC ACID ©, E, B3, B5, B6, Bl2), STABILISER (PECTIN), COLOURS (160A, 123), PRESERVATIVE (202). |

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| **MIZONE SPORTS WATER** | Frucor Beverages Ltd 97 Plunket Ave  Wiri Auckland, NZ  PH 0800 502 929  [www.frucor.com](http://www.frucor.com/) | New Zealand | Frucor Beverages Australia Pty Ltd  99 Derby St Wilversater  NSW 2128, Australia  PH 1800 237 727 | PURIFIED WATER, RECONSTITUTED APPLE JUICE, FRUCTOSE, APPLE CIDER VINEGAR, VITAMINS (ASCORBIC ACID ©, B3, B5, B6, B12), FLAVOURING, ACIDITY REGULATOR (CITRIC ACID). |
| **MIZONE PEAK**  **Performance Sportswater** | Frucor Beverages Ltd 97 Plunket Ave  Wiri Auckland, NZ  PH 0800 502 929  [www.frucor.com](http://www.frucor.com/) | New Zealand | Frucor Beverages Australia Pty Ltd  99 Derby St Wilversater  NSW 2128, Australia  PH 1800 237 727 | PURIFIED WATER, RECONSTITUTED APPLE JUICE, APPLE CIDER VINEGAR, ACIDITY REGULATOR (CITRIC ACID), FLAVOURING, VITAMINS (ASCORBIC ACID ©, B3, B5, B6, B12), GREEN TEA EXTRACT (EGCG), IRON (FERROUS GLUCONATE). |
| **POWERADE WATER** | Coca-Cola Amatil (N.Z.) Limited The Oasis  Mt Wellington Auckland, NZ | New Zealand |  | MANDARIN CONTAINS: WATER (97.3%), SUCROSE, FOOD ACID (330), TRI-POTASSIUM CITRATE, SODIUM CHLORIDE, FLAVOUR, ANTIOXIDANT (300), TRI- POTASSIUM PHOSPHATE, VITAMINS B3 (NIACIN), B5, B6, B9 (FOLIC ACID), B12. |
| **THEXTON’S Fruit**  **Drink** | Coca-Cola Amatil (N.Z.) Limited The Oasis  Mt Wellington Auckland, NZ |  |  | RED GRAPE CONTAINS: WATER, SUGAR, RED GRAPE JUICE FROM CONCENTRATE (5%), FOOD ACID (330), FLAVOUR, COLOUR (150D, 122), VITAMINS (C,E,A), MINERAL SALT (452). |
| **CAPRI-SONNE MULTIVITAMIN** | Deutsche Sisi-Werke GmbH & Co.  Betriebs KG, D-69009 Heidelberg, Germany | Germany | Impex International Trading Ltd  P.O. Box 528 Kerikeri, NZ. PH 09 407 4277 | WATER, SUGAR, LEMON JUICE (4%), ORANGE JUICE (4%), APPLE JUICE, GRAPEFRUIT JUICE, GLUCOSE-FRUCTOSE SYRUP, PINEAPPLE JUICE, PASSIONFRUIT JUICE, BANANA JUICE, KIWI JUICE, VITAMINS (C, NICOTINAMIDE, E, PANTOTHANTE, B6, THIAMIN, FOLACIN, BIOTIN, B12), NATURAL FLAVOURING (FROM CONCENTRATE). |

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**Formulated Beverage Survey** - **Australia 2005**

***Summary***

**Attachment 4b**

|  |  |  |  |  |  |  |  |
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| **Product Name** | **Content Claims** | **Other Claims** | **Other Claims** | **Directions for Use** | **Warnings and Advisory Statements** | **Package Size** | **Serving Size** |
| **AQUAVETA**  Flavours: with *Lemon, Lime or Orange Juice* | Nutrient Enhanced Water.  Iron, Zinc, Calcium. |  | Aquaveta is a refreshing source of iron, zinc & calcium. These are essential nutrients necessary for a healthy body. Enjoy!  No preservatives. No artificial colours or flavours. | It is recommended to drink 700ml to replace fluid lost.  Consume 1-2 bottles per day.  Remove quality seal under cap. Best before: see neck of bottle. | This is a Formulated Supplementary Sports Drink, not suitable for children under 15 years of age or pregnant women.  Should only be used under medical or dietetic supervision.  This is not a sole source of nutrition and should be consumed in conjunction with a nutritious diet and with an appropriate exercise program. | 700ml | 700ml |
| **FRUIT 2 0**  *Flavours: Peach Passionfruit, Lemon Lime, Apple Cranberry* | Flavoured Spring Water with Calcium and Vitamin C |  | Flavoured spring water (90%) with formulated supplementary sports food (10%) |  |  | 600ml | 200ml |
| **G FORCE**  *Flavours: Apple & Blackcurrant and Orange &Mandarin* | Fruit Drink with vitamins to go! |  |  | Push & Go cap. To open: Remove clear overcap.  Push down centre of green sipper firmly to pierce the seal inside. Pull sipper up, drink and enjoy!  Serve chilled, once opened keep refrigerated. | Warning: Choking risk. This cap contains small parts. Not suitable for children under 36 months. | 400ml &  800ml | 400ml |

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| **JODIS IQ**  *Flavours: Natural, Lemon Lime, Cranberry, Mandarin, Passionfniit Infi1sion* | Iodine Enriched Water | Don’t drink just water, drink Jodis. No added sugar.  Iodine is a crucial element for cell metabolism stimulation. Iodine is a building block fro thyroid hormones. Iodine is an essential nutrient required for balanced thyroid function, promoting vitality and well being. |  |  | 600ml | Not Specified (assume 600ml) |
| **MIZONE SPORTS WATER**  *Flavours: Mandarin, Lime, Lemon, Passionfruit, Crisp Apple* | Contains 5 essential vitamins - C, B3, B5, B6, B12. | To achieve your physical best, your body needs lots of water and MIZONE Sports Water is the easiest way to drink it. MIZONE is a pleasant, light tasting blend of purified water and fruit flavours with vitamins so it’s easy to drink and it works. Vitamin B’s aid in energy metabolism and antioxidant vitamin C assists with recovery and protection. With vitamins and a splash of flavour, MIZONE Sports Water will rehydrate you so you can achieve your goals. | Remove safety seal under sipper cap.  Serve chilled, once opened keep refrigerated. |  | 800ml | 200ml |
| **PLAY** - ***Blackcurrant Low GI Sportswater*** | Fluoride, Calcium and Vitamins. | Low GI Sustained Energy.  No artificial colours, flavours, sweeteners. Ultra low glycaemic index -16 |  |  | 500mls | 500mls |
| **PLAY** - ***Fruit Fest No Added Sugar Sports Water*** | Fluoride, Calcium and Vitamins.  No added sugar sports water. | No added sugar. No artificial colours, flavours, sweeteners. |  |  | 500mls | 500mls |

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| **PLAY** - ***Orange Sportswater for Kids*** | With fluoride calcium & vitamins.  No artificial colours, flavours, sweeteners. Fluoride, Calcium, B Vitamins.  Ultra low GI, low sugar.  Folate.  5% juice. | Kids need to play every day. PLAY is a nutrient enhanced sportswater specifically formulated for kids. PLAY has an ultra low GI of only 16 - low GI foods provide sustained energy for active, healthy kids and avoid sugar highs and lows.  PLAY has only l /3 the sugar content of most soft drinks, fruit drinks, or cordials and only 1/2 the sugar content of most sports drinks. PLAY is enhanced with Fluoride & Calcium important nutrients for the growth and developments of strong bones and teeth. PLAY also contains Folate for healthy cell renewal, and 5 essential B Vitamins for energy.  With 5% juice and no artificial colours, flavours or sweeteners PLAY delivers great tasting hydration and refreshment for kids. |  |  | 500mls | 500mls |
| **POWERADE WATER**  *Flavours: Mandarin, Lime & Grapefruit* | With 5 essential vitamins B3, B5, B6, B9, B12 | We all know how essential drinking water is to our everyday health, but for some of us, plain water is just hard to drink. Powerade Water contains purified water, with a refreshing splash of fruity flavour, 5 essential vitamins & electrolytes. Now it’s easy to drink water every day. So whether your’e at work, at home or on the go, drink Powerade Water. | Please remove foil seal from under cap.  Best before date-see top of bottle.  Store in cool place. |  | 750ml | 400ml |
| **SOLIS Bliss** | A wellbeing drink | Pink grapefruit, cranberry and strawberry infused with calcium and B Vitamins.  Contains no artificial anything. |  |  | 350ml | 350mL |
| **SOLIS Cherish** | A wellbeing drink. | White peach and pear infused with folate and vitamin C.  Contains no artificial anything. |  |  | 350ml | 350ml |

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| **SPRING VALLEY** “  **Twist”**  *Flavour* - *with a twist of*  *mandarin* | With added calcium and vitmain C.  Contains 10% of the RDI of Calcium and 30%  of the RDI of Vitmain C. | Getting some of your essential vitamins, minerals and water is easier than ever. Just one  bottle of this water contains 10% of the RDI of  calcium and 30% of the RDI of vitamin C.  Calcium for strong teeth and bones, and  vitamin C, a powerful antioxidant which also  aids in the absorption of iron.  No preservatives. No artificial flavours or  colours. | It is recommended to drink 3-4 bottles per day, to replace fluid lost.  Consume no more than 6  bottles per day.  Best Before: See neck of  bottle. | This is a formulated supplementary sports drink  - Not suitable for children  under 15 years of age or  pregnant women.  Should only be used under  medical or dietetic  supervision.  This drink is not a sole  source of nutrition and  should be consumed in  conjunction with a  nutritious diet and with an  appropriate exercise  program. | 600ml | 600ml |
| **TEMPLE HYDROTHERAPY-**  ***Honeydew flavour vitamin water with calcium*** | No artifical anything.  At last….healthy refreshment with flavour.  Low glycemic index (GI) 16 | Indulge your mind, body and soul with Temple Hydrotherapy vitmain water. Infused with essential nutrients to nurture your body and exotic flavours to tantalise your taste buds. No artificial colour, no artificial sweeteners, no preservatives. Treat yourself. | Recommended consumption 500ml per day.  For best before - see bottle. | Formulated supplementary sports food. Not suitable for children under 15 years of age or pregnant women: should only be used under medical or dietetic supervision. | 500ml | 500ml |
| **TEMPLE HYDROTHERAPY-**  ***Star fruit flavour vitamin water with aloe*** | No artifical anything.  At last. Healthy refreshment with flavour.  Low glycemic index (GI) 16 | Indulge your mind, body and soul with Temple Hydrotherapy vitmain water. Infused with essential nutrients to nurture your body and exotic flavours to tantalise your taste buds. No artificial colour, no artificial sweeteners, no preservatives. Treat yourself. | Recommended consumption 500ml per day.  For best before - see bottle. | Formulated supplementary sports food. Not suitable for children under 15 years of age or pregnant women: should only be used under medical or dietetic supervision. | 500ml | 500ml |
| **TEMPLE HYDROTHERAPY-**  ***Pink grapefruit flavour***  ***vitamin water with antioxidants*** | No artifical anything.  At last. Healthy refreshment with flavour.  Low glycemic index (GI) 16 | Indulge your mind, body and soul with Temple Hydrotherapy vitmain water. Infused with  essential nutrients to nurture your body and  exotic flavours to tantalise your taste buds. No artificial colour, no artificial sweeteners, no preservatives. Treat yourself. | Recommended consumption 500ml per  day.  For best before - see bottle. | Formulated supplementary sports food. Not suitable  for children under 15 years  of age or pregnant women: should only be used under medical or dietetic supervision. | 500ml | 500ml |

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| **TEMPLE HYDROTHERAPY-**  ***Blood orange flavour vitamin water with calcium*** | No artifical anything.  At last. Healthy refreshment with flavour.  Low glycemic index (GI) 16 | Indulge your mind, body and soul with Temple Hydrotherapy vitmain water. Infused with essential nutrients to nurture your body and exotic flavours to tantalise your taste buds. No artificial colour, no artificial sweeteners, no preservatives. Treat yourself. | Recommended consumption 500ml per day.  For best before - see bottle. | Formulated supplementary sports food. Not suitable for children under 15 years of age or pregnant women: should only be used under medical or dietetic supervision. | 500ml | 500ml |
| **TEMPLE HYDROTHERAPY-**  ***White peach flavour vitamin water with fibre*** | No artifical anything.  At last. Healthy refreshment with flavour.  A good source of added fibre. | Indulge your mind, body and soul with Temple Hydrotherapy vitmain water. Infused with essential nutrients to nurture your body and exotic flavours to tantalise your taste buds. No artificial colour, no artificial sweeteners, no preservatives. Treat yourself. | Recommended consumption 500ml per day.  For best before - see bottle. | Formulated supplementary sports food. Not suitable for children under 15 years of age or pregnant women: should only be used under medical or dietetic supervision. | 500ml | 500ml |
| **TEMPLE HYDROTHERAPY-**  ***Dragonfruit flavour vitamin water with iron*** | No artifical anything.  At last. Healthy refreshment with flavour.  Ultra low glycemic index (GI) 16 | Indulge your mind, body and soul with Temple Hydrotherapy vitmain water. Infused with essential nutrients to nurture your body and exotic flavours to tantalise your taste buds. No artificial colour, no artificial sweeteners, no preservatives. Treat yourself. | Recommended consumption 500ml per day.  For best before - see bottle. | Formulated supplementary sports food. Not suitable for children under 15 years of age or pregnant women: should only be used under medical or dietetic supervision. | 500ml | 500ml |
| **THORPEDO** - **Advanced Hydration**  *Flavours: Orange, Lemon Lime, Berry, Tropical* | Ultra low GI energy water. Beat the fade. | Thorpedo Advanced Hydration provides a unique energy management system with a blend of key performance electrolytes, 6 B complex vitamins and 2 antioxidants that work in synergy with the Ultra Low GI carbohydrates to hydrate and sustain energy. So whether you’re working, playing, training or competing, enjoy Thorpedo, stay hydrated and energised and feel great all day. | Best before: see neck of bottle.  Shake well. Refrigerate after opening. | This is a formulated supplementary sports drink, not suitable for children under 15 years of age or pregnant women.  Should only be used under medical or dietetic supervision.  This is not a sole source of nutrition and should be consumed in conjunction with a nutritious diet and with an appropriate exercise program. | 600ml | 600ml |

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| **WATERFORD**  **(Bickford)**  *Flavours: Peach, Lemon*  *& Lime, Lemon, Melon*  *and Mandarin* | Antioxidants plus electrolytes plus B vitamins.  Sugar free. | Antioxidants are vitamins that help protect body cells from breakdown due to the stresses of everyday life.  Electrolytes are essential minerals that assist in hydration.  B vitamins boost energy levels and a feeling of well being. | Remove quality seal under cap.  Keep refrigerated once open. |  | 710ml | 710ml |
| **WATERPLUS**  **(Sanitarium)**  *Flavours: Peach, Lemon*  *& Lime, Lemon, Melon*  *and Mandarin*  Note: Bickford has since purchased product and reformulated slightly. | 5 minerals 7 vitamins  Electrolytes are essential minerals that assist in hydration. Antioxidants are vitamins that help to protect your body against harmful free radicals.  Low joule. | Waterplus takes the hard work out of hydration. A refreshing blend of pure mineral water, light flavours, with vitamins and minerals. Waterplus is easy to drink. And most importantly with no sugar and only 2 calories per bottle you’ll burn if off in around 30 seconds of walking. Drink Waterplus and feel the difference. | Remove quality seal under cap.  Keep refrigerated once opened. |  | 710ml | 710ml |
| **PROPEL - Fitness Water**  *Flavour: Orange*  Deleted Line - June 2004 | Good source of 6 vitamins as part of daily diet.  The four B vitamins in Propel aid in energy metabolism, antioxidants C & E work together to neutralize free radicals to effectively protect your body. With these 6 vitamins and a splash of flavour Propel supports your daily pursuit of fitness and well being. | Fitness Water Orange with other natural flavours.  Quenches and nutures your body.  No fruit juice. | Refrigerate after opening. |  | 500mls | 240ml |

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| **RIDE**  Flavour: Mandarin etc  Line Deleted - Sep 2004 replaced by Play | Low GI.  Enhanced with B vitamins plus bio-available trace minerals & antioxidants - specially formulated to help convert fructose into sustained energy. | Liquid for life. Low GI Food. Delivers sustained energy. Rapid Hydration sustained energy.  Ride fitness water uses all natural fructose the low glycaemic index carbohydrate that avoids the energy highs and lows you get with ordinary sugars.  With 5% juice and a splash of fruit flavour, Ride delivers great taste, hydration and energy supplement so you can ride hard all day. | Drink often, feel great. |  | 500ml |  |
| **SLINKY**  Flavour:  *Mandarin*  Deleted Line - since Sep 2004 | Slinky is enhanced with Carnitine, Chromate ® and Biotin - co-factors that may assist in fat metabolism. Is infused with Calcium & Folate for healthy cell renewal and B vitamins to help metabolise energy. | The world’s perfect diet drink. Low GI foods can help you feel full for longer and as a result you can end up eating less over the day.  Low GI Slinky is a great tasting addition to your daily hydration, exercise & lifestyle plan. | Drink often, feel great. |  | 500ml | 500ml |

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**Formulated Beverage Survey** - **Australia 2005**

***Composition***

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| **Product Name** | **Serving Size** | **No. of serves**  **per dav** | **Energy**  **(kJ)** | **Total Fat**  **(g)** | **Protein**  **(g)** | **Carbohydrate (g)** | **Sugars**  **(g)** | **Vitamins**  **(Percentage RDI per** | **Minerals**  **(Percentage RDI per** | **Herbal Extracts** |
|  |  |  |  |  |  | **Per 100 ml Product** | | |  |  |
| **AQUAVETA** | 700ml | 1-2 Bottles per day | 38 | 0 | 0 | 2.2 | 2.2 |  | Sodium=2mg Calcium=ll.4mg (10%)  Iron=0.2mg (10%)  Zinc=0.2mg (10%) |  |
| **FRUIT 2 0** | 200ml | NS | 56 | 0 | 0 | 3.3 | 3.3 | C=2 mg(10%) | Sodium=3mg Calcium=40mg (10%) |  |
| **G FORCE** | 400ml | NS | 184 | <l | <1 | 10.8 | 10.8 | C=35mg (350%)  E=lmg (40%) B3=lmg (40%) B5=0.5mg B6=0.16mg (40%)  B12=0.2ug (40%) | Sodium< 5.1mg |  |
| **JODIS IQ** | 600ml | NS | NS | NS | NS | NS | NS |  | Iodine=0.015mg Calcium=l2mg Magnesium= 1.5mg Potassium=0.4mg HC03=45mg  Chloride=1.5 mg Sodium=Not Specified |  |
| **MIZONE SPORTS WATER** | 200ml | NS | 43 | 0 | 0 | 2.5 | 2.5 | C=20mg (100%)  B3=lmg (20%) B5=0.5mg  B6=0.16mg (20%)  B12=0.Iug (10%) | Sodium=<5mg |  |
| **PLAY *Blackcurrant Low GI*** | 500ml | NS | 72 | 0 | 0 | 4.2 | 4 | B3=2.7mg (71%) B5=0.7mg B6=0.3mg (94%)  Folate=30ug (75%) Biotin=10ug B12=0.15ug (38%) | Calcium=16mg (10%)  Fluoride=0.1 mg Sodium=8mg |  |

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| **PLAY *Fruit Fest No***  ***Added Sugar*** | 500ml | NS | 94 | 0 | 0 | 5.6 | 5.4 | B3=2.7mg (71%) B5=0.7mg B6=0.3 mg (94%)  Folate=30ug (75%)  Biotin=10ug Bl2=0.15ug (38%) | Calcium=l6mg (10%)  Fluoride=0.lmg Sodium=8mg |  |
| **PLAY *Orange Sportswater for Kids*** | 500 ml | NS | 72 | 0 | <1 | 4 | 4 | B3=2.7mg B5=0.7mg B6=0.3mg  Folate=30ug  Biotin= 10ug Bl2=0.15ug | Calcium=28mg Fluoride=0.1mg Sodium=8mg Potassium=9mg |  |
| **POWERADE WATER** | 400ml | Recommended daily consumption, Adults up to 6 bottles, children between 3 and  13 up to 2  bottles. | 41 | 0 | 0 | 2.3 | 2.3 | B3=0.5mg (20%) B5=0.25mg B6=0.08mg (20%)  B9=20ug (40%)  Bl2=0.2ug (40%) | Sodium=12mg Potassium= 14mg |  |
| **SOLIS Bliss** | 350 ml | NS | 182 | <1 | <1 | 11 | 11 | Bl=0.6mg B3=3.5mg  B5=lmg B6=0.9mg  Bl2=1.lug | Calcium=30mg Sodium=8mg |  |
| **SOLIS Cherish** | 350ml | NS | 194 | <1 | <1 | 11 | 11 | Folate=l2.5ug C=15mg | Sodium=9mg |  |
| **SPRING VALLEY**  **“Twist”** | 600ml | Recommended 3-4 bottles per day, consuming no more than 6 bottles. | 44 | 0 | 0 | 2.6 | 2.6 | C=2mg (30%) | Calcium=13.3mg (10%) Sodium=3mg |  |
| **TEMPLE HYDROTHERAPY-**  ***Honeydew flavour***  ***vitamin water with calcium*** | 500ml | NS | 80 | <1 | <1 | 4.7 | 4.7 | B3=2.7mg (135%) B5=0.7mg B6=0.3mg (94%)  Folate=30ug (75%) Biotin= 10ug B12=0.15ug (38%) | Calcium=16mg (10%) Sodium=2mg |  |

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| **TEMPLE HYDROTHERAPY-**  ***Star fruit flavour vitamin water with aloe*** | 500ml | NS | 80 | <1 | <1 | 4.7 | 4.7 | B3=2.7mg (135%) B5=0.7mg B6=0.3mg (94%)  Folate=30ug (75%) Biotin=10ug B12=0.l5ug (38%) | Sodium=2mg | Aloe extract |
| **TEMPLE HYDROTHERAPY** -  ***Pink grapefruit flavour vitamin water with antioxidants*** | 500ml | NS | 80 | <1 | <1 | 4.7 | 4.7 | B3=2.7mg (135%)  B5=0.7mg  B6=0.3mg (94%)  Folate=30ug (75%) Biotin= 10ug B12=0.15ug (38%)  E=0.2mg (10%) A=l5ug(10%) | Sodium=2mg |  |
| **TEMPLE HYDROTHERAPY-**  ***Blood orange flavour vitamin water with calcium*** | 500ml | NS | 80 | <1 | <1 | 4.7 | 4.7 | B3=2.7mg (135%)  B5=0.7mg  B6=0.3mg (94%)  Folate=30ug (75%) Biotin=10ug B12=0.15ug (38%) | Calcium=l6mg (10%) Sodium=2mg |  |
| **TEMPLE HYDROTHERAPY-**  ***White peach flavour vitamin water with fibre*** | 500ml | NS | 90 | <1 | <1 | 5.4 | 4.7 | B3=2.7mg (135%)  B5=0.7mg  B6=0.3mg (94%)  Folate=30ug (75%) Biotin=10ug B12=0.15ug (38%) | Sodium=2mg |  |
| **TEMPLE HYDROTHERAPY-**  ***Dragonfruit flavour***  ***vitamin water with iron*** | 500ml | NS | 80 | <1 | <1 | 4.7 | 4.7 | B3=2.7mg (135%)  B5=0.7mg  B6=0.3mg (94%)  Folate=30ug (75%) Biotin=10ug B12=0.15ug (38%) | Iron=0.23 (10%)  Sodium=2mg |  |

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| **THORPEDO Advanced Hydration** | 600ml | Recommend consumption 1 bottle per day | 72 | 0 | 0 | 4.5 | 4.2 | B3=2.7mg (162%) B5=0.6mg B6=0.3mg (110%)  E=0.2mg (10%)  Folate=30ug (90%)  A=l2.5ug (10%)  Biotin=8.3ug Bl2=0.15ug (45%) | Sodium=25 mg Potassium=12 mg Chloride=3lmg |  |
| **WATERFORD**  **(Bickford)** | 710ml | Recommended consumption up to 4 serves per day | 2 | 0 | 0 | <0.1 | 0 | B1=0.04mg (10%)  B3=0.035mg (10%)  B5=0.18mg (25%)  B6=0.06mg (25%)  B12=0.07mg (25%)  C=1.4mg (25%)  E=0.14mg (10%) | Magnesium=4.5 (10%)  Zinc=0.17mg (10%)  Sodium=6mg  Potassium=6mg |  |
| **WATERFORD**  **(Sanitarium)**  Note: Bickford has since purchased product and reformulated slightly. | 710ml | NS | 2 | 0 | 0 | <1 | 0 | B1=0.04mg (25%)  B3=0.04mg (25%)  B5=0.2mg  B6=0.06mg (25%)  B12=0.01mg (25%)  C=1mg (25%)  E=0.1mg (10%) | Calcium=11mg (10%)  Magnesium=5mg (10%)  Zinc=0.2mg (10%)  Sodium=6mg  Potassium=6mg |  |
| **PROPEL - Fitness Water**  Deleted Line - June 2004 | 240ml | NS | (text illegible) | 0 | 0 | (text illegible) | 0.83 | % Daily Value  (text illegible) | Sodium=35mg  Potassium=40mg |  |
| **RIDE**  Line Deleted - Sep 2004 replaced by Play | 500ml | NS | 72 | 0 | <1 | 4 | 4 | B3=2.7mg  B5=0.7mg  B6=0.3mg  Folate=30ug  Biotin=10ug  B12=0.15ug | Potassium=9mg  Sodium=8mg  Magnesium=17mg  Optizinc=10mg  Zinc=2mg  Chromemate=100ug  (niacin bound-chromium |  |

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| **SLINKY**  Deleted Line since - Sep 2004 | 500ml | NS | 72 | 0 | <1 | 4 | 4 | B3=2.7mg  B5=0.7mg  B6=0.3mg  Folate=30ug  Biotin=10ug  B12=0.15ug | Calcium=28mg  Chromemate=100ug  (niacin bound-chromium |  |

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**Formulated Beverage Survey** - **Australia 2005**

***Manufacturer & Ingredients***

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| --- | --- | --- | --- | --- |
| **Product Name** | **Manufacturer Details** | **Country of Origin** | **Distributor Details (if necessary)** | **Ingredients** |
| **AQUAVETA** | Spring Valley Beverages  2 Beverage Drive  Tullamarine  Victoria 3043, Australia (Cadbury Schweppes Group) | Australia |  | LEMON JUICE CONTAINS: PURIFIED WATER (96%), SUCROSE, RECONSTITUTED LEMON JUICE (1%), FLAVOUR, ACID (330), MINERALS (CALCIUM GLUCONATE, CALCIUM LACTATE, FERROUS GLUCONATE, ZINC GLUCONATE), MALTODEXTRIN. |
| **FRUIT 2 0** | P&N Beverages Australia Pty Ltd  43 Mons Street  Condell Park  NSW 2200, Australia.  PH 1800 658459 | Australia |  | PEACH PASSIONFRUIT CONTAINS: FLAVOURED SPRING WATER (90%) [SPRINGWATER, SUGAR, RECONSTITUTED PEACH AND PASSIONFRUIT JUICES (2%), FOOD ACID (330), FLAVOUR,  PRESERVATIVES (211,223)], SUPPLEMENTARY SPORTS FOOD (10%) [SPRING WATER, MINERAL SALT (CALCIUM LACTATE), VITAMIN C (300)]. |
| **G FORCE** | Frucor Beverages Ltd 97 Plunket Ave  Wiri  Auckland, NZ  PH 0800 502 929  [www.frucor.com](http://www.frucor.com/) | New Zealand | Frucor Beverages Australia Pty Ltd  13 South St  Rydalmere  NSW 2116, Australia.  PH 1800 237727 | APPLE BLACKCURRANT CONTAINS: WATER, SUGAR, RECONSTITUTED FRUIT JUICE (APPLE (5%), BLACKCURRANT (3%)), ACIDITY REGULATORS (330, 331), FLAVOURS, VITAMINS (ASCORBIC ACID ©, E, B3, B5, B6, Bl2), STABILISER (PECTIN)), PRESERVATIVE (202), COLOURS (123,133). |
| **JODIS IQ** |  | Not Specified | Jodis Australasia Pty  11 Narloo Street Perth  WA 6090, Australia.  [www.jodiswater.com.au](http://www.iodiswater.com.au/) | NATURAL FLAVOUR, POTASSIUM SORBATE (202), SODIUM BENZOATE (211 ).  Note: Full ingredient list not provided on label. |
| **MIZONE SPORTS WATER.** | Frucor Beverages Ltd 97 Plunket Ave  Wiri  Auckland, NZ  PH 0800 502 929  [www.frucor.com](http://www.frucor.com/) | New Zealand | Frucor Beverages Australia Pty Ltd  13 South St Rydalmere  NSW 2116, Australia  PH 1800 237727 | MANDARIN FLAVOUR - PURIFIED WATER, RECONSTITUTED APPLE JUICE, FRUCTOSE, APPLE CIDER VINEGAR, MANDARIN FLAVOURING, VITAMINS (ASCORBIC ACID ©, B3, B5, B6, Bl2), ACIDITY REGULATOR (CITRIC ACID). |
| **PLAY *Blackcurrant Low***  ***GI Sportswater*** | Zenergy Beverages 12A/440 Collins St Melbourne  Victoria 3000, Australia [www.zenergybeverages.com](http://www.zenergybeverages.com/) | Australia |  | PURIFIED WATER, CONCENTRATED JUICES (PEACH, APPLE & GRAPE), FRUCTOSE, CALCIUM LACTATE (327), FLAVOUR (0.1%), FOOD ACID (330), PRESERVATIVES (211,223), NIACIN (83), PANTOTHENIC ACID (B5), VITAMIN B6, SODIUM FLUORIDE, FOLIC ACID, BIOTIN, VITAMIN Bl2. |

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| **PLAY *Fruit Fest- No***  ***Added Sugar Sportswater*** | Zenergy Beverages 12A/440 Collins St Melbourne  Victoria 3000, Australia [www.zenergybeverages.com](http://www.zenergybeverages.com/) | Australia |  | PURIFIED WATER, CONCENTRATED JUICES (APPLE, LEMON & GRAPE), CALCIUM LACTATE (327), FLAVOURS (0.1%), FOOD ACID (330), PRESERVATIVES (21 I,223), NIACIN(B3), PANTOTHENIC ACID (B5), VITAMIN B6, SODIUM  FLUORIDE, FOLIC ACID, BIOTIN, VITAMIN B12. |
| **PLAY *Orange***  ***Sportswater for Kids*** | Zenergy Functional Beverages 15 Endeavour Drive  Ocean Grove  Victoria 3226, Australia | Australia |  | PURIFIED WATER, CONCENTRATED JUICES (LEMON, APPLE & GRAPE), FRUCTOSE (4%), CALCIUM LACTATE (327), NATURAL ORANGE FLAVOUR (0.06%), FOOD ACID (330), POTASSIUM SORBATE (202), SODIUM BENZOATE (211), NIACIN (B3), PANTOTHENIC ACID (B5), VITAMIN B6, SODIUM FLUORIDE, FOLIC ACID, BIOTIN, VITAMIN Bl2. |
| **POWERADE WATER** | Coca-Cola Amatil (N.Z.) Limited  The Oasis  Mt Wellington Auckland, NZ | New Zealand |  | MANDARIN CONTAINS: WATER(97.3%), SUCROSE, FOOD ACID (330), TRI-POTASSIUM CITRATE, SODIUM CHLORIDE, FLAVOUR, ANTIOXIDANT (300), TRI-POTASSIUM PHOSPHATE, VITAMINS B3 (NIACIN), B5, B6, B9 (FOLIC ACID), B12. |
| **SOLIS Bliss** | Solis Beverages 40 Yeo St Neutral Bay  NSW 2089, Australia  PH 02 89696781 | Australia |  | PURIFIED WATER, SUCROSE, CONCENTRATED PINK GRAPEFRUIT (3%), CRANBERRY (2%) &  STRAWBERRY (2%) JUICES, FOOD ACID (330), NATURAL FLAVOURS, CALCIUM LACTATE (327) (0.2%), NATURAL COLOUR (l20), NIACIN (B3), PANTOTHENIC ACID (B5), Vit B6, THIAMIN (Bl),  VITAMIN Bl2. |
| **SOLIS Cherish** | Solis Beverages 40 Yeo St Neutral Bay  NSW 2089, Australia  PH 02 89696781 | Australia |  | PURIFIED WATER, SUCROSE, CONCENTRATED PEAR (24.5%) & PEACH (0.5%) JUICES, FOOD ACID (330), NATURAL FLAVOURS, VITAMIN C, FOLATE (<0.01%). |
| **SPRING VALLEY**  **"Twist"** | Sring Valley Beverages  2 Beverage Drive Tullamarine  VIC 3043, Australia  PH 1800 244054 | Australia |  | SPRINGWATER (98%), SUGAR, RECONSTITUTED MANDARIN JUICE (1%), FOOD ACID (330), MINERAL SALT (CALCIUM LACTATE), NATURAL MANDARIN FLAVOUR, VITAMIN C. |
| **TEMPLE HYDROTHERAPY-**  ***Honeydew flavour***  ***vitamin water with calcium*** | Carlton & United Beverages 77 Southbank Boulevard Southbank  Victoria 3006, Australia  PH 1800 007282 | Australia |  | PURIFIED WATER, FRUCTOSE, CONCENTRATED JUICES (LEMON, APPLE & GRAPE), CITRIC ACID (330), FLAVOURS, CALCIUM LACTATE (327), NIACIN (B3), PANTOTHENIC ACID (B5), VITAMIN B6, FOLIC ACID, BIOTIN, VITAMIN Bl2. |

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| **TEMPLE HYDROTHERAPY-**  ***Star fruit flavour vitamin water with aloe*** | Carlton & United Beverages  77 Southbank Boulevard Southbank  Victoria 3006, Australia  PH 1800 007282 | Australia |  | PURIFIED WATER, FRUCTOSE, CONCENTRATED JUICES (LEMON, APPLE & GRAPE), FLAVOURS, ALOE EXTRACT, CITRIC ACID (330), NIACIN (B3), PANTOTHENIC ACID (B5), VITAMIN B6, FOLIC ACID, BIOTIN, VITAMIN Bl2. |
| **TEMPLE HYDROTHERAPY-**  ***Pink grapefruit flavour***  ***vitamin water with antioxidants*** | Carlton & United Beverages  77 Southbank Boulevard Southbank  Victoria 3006, Australia  PH 1800 007282 | Australia |  | PURIFIED WATER, FRUCTOSE, CONCENTRATED JUICES (LEMON, APPLE & GRAPE), FLAVOUR, CITRIC ACID (330), COLOUR (120), NIACIN (B3), PANTOTHENIC ACID (B5), VITAMIN B6, ALPHA TOCOPHERYL ACETATE (VIT E), FOLIC ACID, RETINYL PALMITATE (VITA), BIOTIN, VITAMIN Bl2. |
| **TEMPLE HYDROTHERAPY-**  ***Blood orange flavour***  ***vitamin water with calcium*** | Carlton & United Beverages  77 Southbank Boulevard Southbank  Victoria 3006, Australia  PH 1800 007282 | Australia |  | PURIFIED WATER, FRUCTOSE, CONCENTRATED JUICES (LEMON, APPLE & GRAPE), CALCIUM LACTATE (327), FLAVOURS, CITRIC ACID (330), COLOUR (120), NIACIN (B3), PANTOTHENIC ACID (B5), VITAMIN B6, FOLIC ACID, BIOTIN, VITAMIN Bl2. |
| **TEMPLE HYDROTHERAPY-**  ***White peach flavour vitamin water with fibre*** | Carlton & United Beverages 77 Southbank Boulevard Southbank  Victoria 3006, Australia  PH 1800 007282 | Australia |  | PURIFIED WATER, FRUCTOSE, CONCENTRATED JUICES (LEMON, APPLE & GRAPE), POLYDEXTROSE, CITRIC ACID (330), FLAVOUR, COLOUR (120), NIACIN (B3), PANTOTHENIC ACID (B5), VITAMIN B6, FOLIC ACID, BIOTIN, VITAMIN Bl2. |
| **TEMPLE HYDROTHERAPY-**  ***Dragonfruit flavour***  ***vitamin water with iron*** | Carlton & United Beverages 77 Southbank Boulevard Southbank  Victoria 3006, Australia  PH 1800 007282 | Australia |  | PURIFIED WATER, FRUCTOSE, CONCENTRATED JUICES (LEMON, APPLE & GRAPE), CITRIC ACID (330), FLAVOURS, COLOUR (120), NIACIN (B3), PANTOTHENIC ACID (B5), VITAMIN B6, FERROUS GLUCONATE (579), FOLIC ACID, BIOTIN, VITAMIN Bl2. |
| **THORPEDO Advanced Hydration** | Manufactured under licence for Thorpedo Foods Pty Ltd [www.thorpedofoods.com.au](http://www.thorpedofoods.com.au/) | Australia | So Natural Foods Australia Ltd  80 Box Rd  Taren Point  NSW 2229, Australia | ORANGE FLAVOUR: PURIFIED WATER, CONCENTRATED JUICES (LEMON, APPLE, & GRAPE), FRUCTOSE (4%), ELECTROLYTES (CALCIUM LACTATE (327), SODIUM CHLORIDE,  POTASSIUM CITRATE, MAGNESIUM LACTATE (329)), ORANGE FLAVOUR (0.1%), FOOD ACID (330), PRESERVATIVES (211, 223), NIACIN (B3), PANTOTHENIC ACID (B5), VITAMIN B6, VITAMIN E (ALPHA TOCOPHEROL ACETATE), FOLIC ACID, VITAMIN A(RETINOLPALMITATE), BIOTIN, VITAMIN Bl2. |

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| **WATERPLUS**  **(Bickford)** | Manufactured in New Zealand for:  Bickfords Australia Pty Ltd  34 Starr Ave  Plympton  South Australia 5037, Australia | New Zealand | Bickfords Australia Pty Ltd  34 Starr Ave  Plympton  South Australia 5037, Australia | PEACH FLAVOUR: WATER (99%), MINERALS (POTASSIUM CITRATE, SODIUM CHLORIDE, MAGNESIUM GLUCONATE, CALCIUM LACTATE, ZINC GLUCONATE), VITAMINS (C, B3, E ACETATE, B5, B6, B1, B12), FOOD ACIDS (MALIC ACID, CITRIC ACID), PEACH FLAVOUR, ARTIFICIAL SWEETENER. |
| **WATERPLUS**  **(Sanitarium)**  Note: Bickford has since purchased product and reformulated slightly. | Sanitarium Health Food Company  124 Pah Road  Royal Oak  Auckland, NZ | New Zealand |  | LEMON LIME FLAVOUR: WATER (99%), MINERALS (MAGNESIUM GLUCONATE, CALCIUM LACTATE, POTASSIUM BICARBONATE, SODIUM CHLORIDE, ZINC GLUCONATE), VITAMINS (C, B3, E ACETATE, B5, B6, B1, B12) FOOD ACIDS (MALIC ACID, CITRIC ACID), LEMON LIME FLAVOUR, ARTIFICIAL SWEETENER. |
| **PROPEL - Fitness Water**  Deleted Line - June 2004 | Cadbury Schweppes  2 Beverage Drive  Tullamarine  Victoria, Australia | NS | Distributed by Gatorade  Company  PO Box 049003,  Chicago USA | PURIFIED WATER, SUCROSE SYRUP, CITRIC ACID, NATURAL ORANGE FLAVOUR WITH OTHER NATURAL FLAVOURS, SODIUM CITRATE, POTASSIUM CITRATE, ASPARTAME, VITAMIN C (ASCORBIC ACID), VITAMIN E ACETATE, ACESULFAME POTASSIUM, NIACINAMIDE (VIT B3), CALCIUM PANTOTHENATE (VITAMIN B5), VITAMIN B12, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), PHENYLKETONURICS CONTAINS PHENYLALANINE |
| **RIDE**  Deleted Line since - Sep 2004 | Zenergy Beverages 12A/440 Collins St Melbourne  Victoria 3000, Australia [www.zenergybeverages.com](http://www.zenergybeverages.com/) | Australia |  | FLAVOURED MANDARIN DRINK CONTAINS PURIFIED WATER, CONCENTRATED JUICES, (LEMON, APPLE & GRAPE), FRUCTOSE (4%), NATURAL MANDARIN FLAVOUR (O.06%), FOOD ACID (330), POTASSIUM SORBATE (202), SODIUM BENZOATE (211), MAGNESIUM ACTATE (329), OPTIZINC (ZINC), METHIONINE, NIACIN (B3), PANTOTHENIC ACID (B5), VIT B6, CHROMEMATE ® (NIACIN-BOUND CHROMIUM), FOLIC ACID, BIOTIN, VITAMIN B12. |
| **SLINKY**  Deleted Lined since - Sep 2004 | Zenergy Beverages 12A/440 Collins St Melbourne  Victoria 3000, Australia [www.zenergybeverages.com](http://www.zenergybeverages.com/) |  |  | LOW-JOULED FLAVOURED MANDARIN DRINK CONTAINS PUREFIED WATER, CONCENTRATED JUICES, (LEMON, APPLE & GRAPE), FRUCTOSE (4%), CALCIUM LACTATE (327), NATURAL MANDARIN FLAVOUR (0.06%), COLOUR (120), FOOD ACID (330), POTASSIUM SORBATE (202), SODIUM BENZOATE (211), CARNITINE, NIACIN (B3), PANTOTHENIC ACID (B5), VIT B6, CHROMEMATE ® (NIACIN-BOUND CHROMIUM), FOLIC ACID, BIOTIN, VITAMIN B12. |

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**Food-Type Dietary Supplement Survey** - **Formulated Beverages** - **New Zealand 2003**

***Summary***

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**Attachment 4c**

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| **Product Name** | **Content Claims** | **Other Claims** | **Directions for Use** | **Warnings and Advisory Statements** | **Package Size** | **Serving Size** |
| **AQUANA** - **Alive Zest**  & **Vigour** | Water for wellbeing.  Guarana, B Vitamins & natural citrus flavour. | Aquana alive brings you all the benefits of purified water and may help give zest and vigour to your life. A vital mix of purified water, B vitamins, guarana herb and a hit of natural citrus flavours.  <1 Calorie/l00ml  Natural flavours. No colours. | Store in a cool place. |  | 750ml | 200ml |
| **AQUANA** - **Strong Defend &** **Support** | Water for wellbeing.  Antioxidants & natural berry flavours. | Aquana strong brings you all the benefits of purified water and may help support your body's defence. Purified water blended with the natural protection of antioxidants, ginkgo biloba extracts and a hint of natural berry flavours.  <1 Calorie/l00ml  Natural Flavours. No colours | Store in a cool place. |  | 750ml | 200ml |
| **CHARLIE'S SPORTS WATER**  *Flavours: Lemon & Lime* | No added sugar or artificial sweetener.  Contains 6 essential vitamins - C, B3, B5, E, B6,B12 |  | Serve chilled, refrigerate after opening.  Consume within four days of opening.  Remove safety seal under sipper cap. | This product is not a sole source of nutrition and should be consumed in conjunction with a nutritious diet and an appropriate physical exercise program. | 800ml | 200ml |

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**Food-Type Dietary Supplement Survey** - **Formulated Beverages** - **New Zealand 2003**

***Summary***

**Attachment 4c**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Product Name** | **Content Claims** | **Other Claims** | **Directions for Use** | **Warnings and**  **Advisorv Statements** | **Package**  **Size** | **Serving**  **Size** |
| **e2**  *Flavours: Apple Mango, Watermelon, Strawberry Citrus, Mango, Apple Blackcurrant* | Liquid Energy naturally blended with apple  & mango Juices  With vitamins A, C & E and minerals | e2 is for people like you that exercise, work hard or just need a lift to get through the day.  Vitamins A, B5, B6, C, E and Niacin are blended with fruit juices and sucrose to give a real energy boost and to put back what life takes out.  Some vitamins are known to prevent the effects of free radicals. Calcium may assist in maintaining strong healthy bones.  Electrolytes help in assisting hydration and giving a quicker recovery after exercise. | Drink chilled. |  | 400ml &  l.25L | 250ml |
| **G FORCE**  *Flavours: Apple & Blackcurrant.*  *Blueberrry & Raspberry, Mango & Pineapple, Orange Mandarin, Pineapple & Lime, Raspberry & Lemon* | Information not obtained | Information not obtained |  |  | 800ml | 400ml |
| **MIZONE SPORTS WATER**  *Flavours: Mandarin, Lime, Lemon, Passionfruit, Crisp Apple* | Contains *5* essential vitamins C, B3, B5,  B6, B12.  Purified water and fruit flavours with vitamins.  Colour free and low in sugar. | To achieve your physical best, your body needs lots of water and MlZONE Sports Water is the easiest way to drink it. Vit  B's aid in energy metabolism and antioxidant Vit C assists with recovery and protection. With vitamins and a splash of flavour, MIZONE Sports Water will rehydrate you so you can achieve your goals. | Remove safety seal under sipper cap. Serve chilled, once opened keep refrigerated. |  | 800ml | 200ml |

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**Food-Type Dietary Supplement Survey - Formulated Beverages - New Zealand 2003**

***Summary***

**Attachment 4c**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Product Name** | **Content Claims** | **Other Claims** | **Directions for Use** | **Warnings and**  **Advisorv Statements** | **Package**  **Size** | **Serving**  **Size** |
| **POWERADE WATER**  *Flavours: Mandarin, Lime & Grapefruit* | With 5 essential vitamins B3, B5, B6, B9, B12 | Powerade water contains purified water, with a refreshing splash of fruity flavour, 5 essential vitamins & electrolytes. | Please remove foil seal from under cap. | Store in a cool place. | 750ml | 400ml |
| **THEXTON'S**  **Blackcurrant Drink** | Quality Beverage of New Zealand.  Naturally flavoured with Blackcurrant juice.  Rich in Vitamin C. | OK for kids as part of a balanced diet.  Blackcurrant juice has been shown to have high levels of Vitamin C and is very beneficial for your health. No Apple base. | Serve chilled. Refrigerate after opening. |  | 1L | 250ml |
| **THEXTON'S**  *Flavours: Pink Grapefruit, Cranberry & Red Grape* | Quality Beverage of New Zealand. Naturally flavoured with juice.  With Vitamins A, C & E plus Echinacea. | OK for kids as part of a balanced diet. | Store in a cool place. Serve chilled.  Refrigerate after opening. |  | 1L & 3L | 250ml |

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**Food-Type Dietary Supplement Survey - Formulated Beverages - New Zealand 2003**

***Composition***

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Product Name** | **Serving Size** | **No. of serves per day** | **Energy**  **(kJ)** | **Total Fat**  (g) | **Protein**  (g) | **Carbohydra te**  (g) | **Sugars**  (g) | **Vitamins (percentage RDI per**  **serve)** | **Minerals (percentage RDI per**  **serve)** | **Herbal Extracts** |
|  |  |  | **Per 100ml product** | | | | | | | |
| **AQUANA** - **Alive Zest**  & **Vigour** | 200ml | Not Specified | 0.1 | 0 | 0 | 0 | 0 | C=3.8mg (20%)  B6=0.lmg (10%)  B3=0.5mg (10%) | Sodium=1mg | Guarana extract |
| **AQUANA** - **Strong Defend** & **Support** | 200ml | Not Specified | 0.1 | 0 | 0 | 0 | 0 | C=5.0mg (25%)  E=0.5mg (10%) | Sodium=1mg | Ginkgo leaf extract |
| **CHARLIE'S SPORTS WATER** | 200ml | 8 per day | 59.3 | 0.01 | 0.06 | 3.34 | 3.2 | C=20.0mg (100%)  B3=1.0mg (20%)  B5=0.5mg (20%)  B6=0.l6mg (20%)  B12=0.lmg (10%)  E=0.5mg (10%) | Sodium=9.0mg |  |
| **e2** | 250ml | Recommended daily consumption, adults up to 2 litres, children under 13 up to 800ml | 157 | 0 | 0 | 10.3 | 9.52 | A=138.9IU (14%)  B1=0.04mg (14%)  B3=1.06mg (14%)  B5=0.3mg (14%)  B6=0.089mg (14%)  C=3.3mg (33%)  E=0.55mg (14%) | Calcium=3.83mg Sodium= 11mg Potassium=20mg |  |
| **G FORCE** | 400ml | NS | 184 | <l | <l | 10.8 | 10.8 | C=35mg (350%) E=lmg (40%) B3=lmg (40%) B5=0.5mg B6=0.16mg (40%)  B12=0.2ug (40%) |  |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Product Name** | **Serving Size** | **No. of serves per day** | **Energy**  (kJ) | **Total Fat**  (g) | **Protein**  (g) | **Carbohydrate**  (g) | **Sugars**  (g) | **Vitamins**  **(percentage RDI per serve)** | **Minerals (percentage RDI per serve)** | **Herbal Extracts** |
| **MIZONE SPORTS WATER** | 200ml | Not Specified | 43 | 0 | 0 | 2.5 | 2.5 | C=20mg (100%)  B3=lmg (20%) B5=0.5mg B6=0.16mg (20%)  B12=0.lug (10%) | Sodium=<5mg |  |
| **POWERADE WATER** | 400ml | Recommended daily consumption, Adults up to 6 bottles, children between 3 and 13 up to 2 bottles | 41 | 0 | 0 | 2.3 | 2.3 | B3=0.5mg (20%) B5=0.25mg B6=0.08mg (20%)  B9=20ug (40%)  B12=0.2ug (40%) | Sodium=12mg Potassium=14mg |  |
| **THEXTON'S**  **Blackcurrant Drink** | 250ml | Recommended daily consumption, adults up to 2 litres, children under 12 up to  1.2 litres. | 225 | <lg | <lg | 14.2 | 14.2 | C=45mg (280%) |  |  |
| **THEXTON'S** | 250ml | Recommended daily consumption, adults up to 2 litres, children under 12 up to  1.2 litres | 188 | 0 | 0 | 12 | 11.5 | A=50ug (15%) C=5mg (30%) E=0.6mg (15%) | Sodium = 20mg | Echinacea |

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**Food-Type Dietary Supplement Survey - Formulated Beverages - New Zealand 2003**

***Manufacturer & Ingredients***

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Product Name** |  | **Manufacturer Details** | **Country of Origin** | **Distributor Details**  (if **necessary)** | **Ingredients** |
| **AQUANA** - **Alive Zest**  **& Vigour** |  | Coca-Cola Amatil (N.Z.)  Limited  The Oasis  Mt Wellington  Auckland, NZ | New Zealand |  | WATER, APPLE JUICE FROM CONCENTRATE (0.5%),  NATURAL FLAVOUR, GUARANA EXTRACT, VITAMIN  C, VITAMIN B3, VITAMIN B6. |
| **AQUANA** - **Strong**  **Defend & Support** |  | Coca-Cola Amatil (N.Z.)  Limited  The Oasis  Mt Wellington  Auckland, NZ | New Zealand |  | WATER, NATURAL FLAVOURS, VITAMIN C, GINKGO  LEAF EXTRACT, VITAMIN E |
| **CHARLIE'S SPORTS**  **WATER** |  |  | New Zealand | Charlie's Trading Company Ltd  125 The Strand  Parnell  Auckland, NZ  PH 0800 126 435  office@charlies.co.nz/www.ch  arlies.co.nz | WATER (95%), RECONSTITUTED APPLE JUICE,  VITAMINS (C, B3, B5, E, B6, B12), APPLE CIDER,  VINEGAR, LEMON & LIME FLAVOUR, FOOD ACID  (330). |
| **e2** |  | Coca-Cola Amatil (N.Z.)  Limited  The Oasis  Mt Wellington  Auckland, NZ | New Zealand |  | APPLE MANGO CONTAINS: WATER, SUCROSE, APPLE  AND MANGO JUICE CONCENTRATE, FOOD ACID  (330), FLAVOURS, COLOURS (133, 102), MINERALS  (POTASSIUM, SODIUM, CALCIUM), VITAMINS (C, A,  NIACIN, E, B5, B6, Bl), POTASSIUM SORBATE (202). |
| **G FORCE** |  | Frucor Beverages Ltd  97 Plunket Ave  Wiri  Auckland, NZ  PH 0800 502 929  [www.frucor.com](http://www.frucor.com/) | New Zealand |  | APPLE & BLACKCURRANT CONTAINS: WATER,  SUGAR, RECONSTITUTED FRUIT JUICE (APPLE (5%),  BLACKCURRANT (3%)), ACIDITY REGULATORS (330,  331 ), FLAVOUR, VITAMINS (ASCORBIC ACID (C), E,  B3, B5, B6, B12), STABILISER (PECTIN),  PRESERVATIVE (202), COLOURS (123, 133). |
| **MIZONE SPORTS**  **WATER** |  | Frucor Beverages Ltd 97 Plunket Ave  Wiri  Auckland, NZ  PH 0800 502 929 | New Zealand | Frucor Beverages Australia Pty Ltd, 99 Derby St, Wilversater,  NSW 2128, Australia PH 1800  237 727 | PURIFIED WATER, RECONSTITUTED APPLE JUICE, FRUCTOSE, APPLE CIDER, VINEGAR, MANDARIN  FLAVOURING, VITAMINS (ASCORBIC ACID C), B3, B5,  B6, B12, CITRIC ACID. |

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| **POWERADE WATER** | Coca-Cola Amatil (N.Z.) Limited  The Oasis  Mt Wellington Auckland, NZ | New Zealand |  | MANDARIN CONTAINS: WATER (97.3%), SUCROSE, FOOD ACID (330), TRI-POTASSIUM CITRATE, SODIUM CHLORIDE, FLAVOUR, ANTIOXIDANT (300), TRI- POTASSIUM PHOSPHATE, VITAMINS B3 (NIACIN), B5,  B6, B9 (FOLIC ACID), B12. |
| **THEXTON'S**  **Blackcurrant Drink** | Rio Beverages Ltd 40 Springs Rd East Tamaki Auckland, NZ  PH (09) 274 5299 | New Zealand |  | WATER, SUGAR, RECONSTITUTED BLACKCURRANT JUICE, NATURAL FLAVOURS, FOOD ACID (330), ASCORBIC ACID, COLOURS (123, 122, 129, 133). |
| **THEXTON'S** | Coca-Cola Amatil (N.Z.) Limited  The Oasis  Mt Wellington Auckland, NZ | New Zealand |  | PINK GRAPEFRUIT CONTAINS: WATER, SUGAR RECONSTITUTED PINK GRAPEFRUIT JUICE, ACIDITY REGULATOR (330, 331), FLAVOUR, VITAMINS (C,E,A),  COLOUR (163), ECHINACEA EXTRACT (0.033%). |

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**Food-Type Dietary Supplement Survey** - **Formulated Beverages** - **Australia 2003**

**Summary Attachment 4d**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Product Name** | **Content Claims** | **Other Claims** | **Directions for Use** | **Warnings and Advisorv Statements** | **Package Size** | **Serving Size** |
| **MIZONE SPORTSWATER** | Contains 5 essential vitamins• C, B3, B5, B6, B12 | Colour free and low in sugar.  Vitamin B's aid in energy metabolism and antioxidant Vitamin C assists with recovery and protection. |  |  | 800ml | 200ml |
| **SANITARIUM WATERPLUS** | 5 minerals and 7 vitamins Low joule | Electrolytes are essential minerals that assist in hydration. Antioxidants are vitamins that help tp protect your body against harmful free radicals. |  |  | 710ml | 710ml |
| **PROPEL FITNESS WATER** | Vitamin enhanced water beverage | In a daily diet, B vitamins aid in energy metabolism. Antioxidant Vitamin E helps neutralize free radicals. Folate is a B vitamin that is needed for healthy growth  and development. |  |  | 700ml | 200ml |

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**Food-Type Dietary Supplement Survey - Formulated Beverages - Australia 2003**

**C*omposition***

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Product Name** | **Serving Size** | **No. of serves per day** | **Energy**  **(kJ)** | **Total Fat**  (g) | **Protein**  (g) | **Carbohydra te**  (g) | **Sugars**  (g) | **Vitamins (percentage RDI per serve)** | **Minerals (percentage RDI per**  **serve)** | **Herbal Extracts** |
|  |  |  | **Per 100ml product** | | | | | | |  |
| **MIZONE SPORTSWATER** | 200ml | Not Specified | 43 | 0 | 0 | 2.5 | 2.5 | C=20mg B3=1mg B5 0.5mg  B6 0.16mg  B12 0.lug | Sodium<5mg |  |
| **SANITARIUM WATERPLUS** | 710ml | Not Specified | 2 | 0 | 0 | <0.1 | 0 | B1=0.04mg  B3=0.4mg  B5=0.2mg  B6=0.06mg  B12=0.lug C=lmg E=0.lmg | Calcium=11mg Magnesium=5mg Zinc=0.2mg Sodium=6mg Potassium=6mg |  |
| **PROPEL FITNESS WATER** | 200ml | Not Specified | 17.5 | 0 | 0 | 0.83 | 0.83 | E=0.5mg  B3=1mg B5=0.5mg  B6=0.16mg  B9=15ug  B12=0.lug | Sodium=2mg Potassium=0mg |  |

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**Food-Type Dietary Supplement Survey - Formulated Beverages - Australia 2003**

***Manufacturer & Ingredients***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Product name** | **Manufacturer** - **full contact details** | **Country of origin** | **Distributor details (if necessary)** | **Ingredients** |
| **MIZONE SPORTSWATER** | Frucor Beverages Ltd 97 Plunket Ave  Wiri  Auckland, NZ  PH 0800 502 929  [www.frucor.com](http://www.frucor.com/) | New Zealand | Frucor Beverages Australia Pty  Ltd, 99 Derby St. Silverwater Nsw 2l28, Australia | PURIFIED WATER, RECONSTITUTED APPLE JUICE,  FRUCTOSE, APPLE CIDER VINEGAR, MANDARIN FLAVOURING, VITAMINS (ASCORBIC ACID (C), B3,  B5, B6, B12), ACIDITY REGULATOR (CITRIC ACID). |
| **SANITARIUM WATERPLUS** | Sanitarium Health Food Company  124 Pah Road  Royal Oak  Auckland, New Zealand | New Zealand | Australian Health & Nutrition Association Limited, 1  Sanitarium Drive, Berkeley  Vale NSW2261. | WATER (99%), MINERALS (MAGNESIUM GLUCONATE, CALCIUM LACTATE, POTASSIUM  BICARBONATE, SODIUM CHLORIDE, ZINC  GLUCONATE), VITAMINS (C, B3, E ACETATE, B5, B6,  Bl, B12), FOOD ACIDS (CITRIC ACID, MALIC ACID),  LEMON LIME FLAVOUR, ARTIFICIAL SWEETENER. |
| **PROPEL FITNESS WATER** | Imported into New Zealand by Pepsico Australia Holdings Pty ltd, Sydney, Australia. | USA | Imported and distributed in Australia by Cadbury Schweppes Pty Ltd, 636 St Kilda Road, Melbourne, Victoria 3004, Australia. | WATER, SUCROSE SYRUP, FRUCTOSE, CITRIC ACID, NATURAL FLAVOURS, VITAMIN E ACETATE, NIACINAMIDE (B3), CALCIUM PANTOTHENATE, PYRIDOXINE HYDROCHLORIDE (B6), FOLIC ACID, VITAMIN B12. |

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