

ONE-JUICE NUTRITIONAL INFO



Juices

BALANCE 260ML

NUTRIENTS:	Quantity	unit
ENERGY(KJ)	335	kJ
ENERGY(KCAL)	80	kcal
PROTEIN	1	g
CARBOHYDRATE	16	g
SUGARS	14	g
FAT	0.6	g
SATURATED FAT	0.1	g
FIBRE	0.1	g
SODIUM	3	mg
POTASSIUM (K)	236	mg
CALCIUM (CA)	24.1	mg
MAGNESIUM (MG)	8.7	mg
PHOSPHORUS (P)	15.4	mg
IRON (FE)	0.52	mg
COPPER (CU)	0.1	mg
THIAMIN (B1)	0.04	mg
RIBOFLAVIN (B2)	0.07	mg
NIACIN (B3) (TOTAL NE)	0.35	mg
TRYPTOPHAN	6.3	mg
NIACIN (PERFORMED)	0.31	mg
PANTOTHENATE (B5)	0.2	mg
VITAMIN B6 (PYRIDOXINE)	0.12	mg
VITAMIN C	20.7	mg

GREEN 260ML

NUTRIENTS:	quantity	unit
ENERGY(KJ)	248	kJ
ENERGY(KCAL)	59	kcal
PROTEIN	2	g
CARBOHYDRATE	10	g
SUGARS	8.3	g
FAT	0.9	g
SATURATED FAT	0.1	g
FIBRE	0.2	g
SODIUM	62	mg
POTASSIUM (K)	525	mg
CALCIUM (CA)	47	mg
MAGNESIUM (MG)	30.3	mg
PHOSPHORUS (P)	35.6	mg
IRON (FE)	0.94	mg
VITAMIN E	0.73	mg
VITAMIN K1 (PHYLLUQUINONE)	153	ug
THIAMIN (B1)	0.05	mg
RIBOFLAVIN (B2)	0.07	mg
NIACIN (B3) (TOTAL NE)	1	mg
TRYPTOPHAN	26.9	mg
NIACIN (PERFORMED)	0.7	mg
PANTOTHENATE (B5)	0.45	mg
VITAMIN B6 (PYRIDOXINE)	0.13	mg
VITAMIN C	24.7	mg

ONE-JUICE

RED JUICE 260ML

NUTRIENTS:	Quantity	unit
ENERGY(KJ)	331	kJ
ENERGY(KCAL)	79	kcal
PROTEIN	1.7	g
CARBOHYDRATE	15	g
SUGARS	13.9	g
FAT	0.5	g
SATURATED FAT	0.1	g
FIBRE	0.3	g
SODIUM	52	mg
POTASSIUM (K)	518	mg
CALCIUM (CA)	25.4	mg
MAGNESIUM (MG)	10.9	mg
PHOSPHORUS (P)	42	mg
IRON (FE)	0.73	mg
COPPER (CU)	0.07	mg
ZINC (ZN)	0.27	mg
CHLORIDE (CL)	110	mg
MANGANESE (MN)	0.4	mg
RIBOFLAVIN (B2)	0.04	mg
NIACIN (B3) (TOTAL NE)	0.55	mg
TRYPTOPHAN	17.1	mg
NIACIN (PERFORMED)	0.26	mg
PANTOTHENATE (B5)	0.3	mg
VITAMIN B6 (PYRIDOXINE)	0.11	mg
VITAMIN C	16.4	mg

RUBY JUICE 260ML

NUTRIENTS:	quantity	unit
ENERGY(KJ)	332	kJ
ENERGY(KCAL)	79	kcal
PROTEIN	1.1	g
CARBOHYDRATE	15	g
SUGARS	13	g
FAT	0.5	g
SATURATED FAT	0.1	g
FIBRE	0.2	g
SODIUM	3	mg
POTASSIUM (K)	337	mg
CALCIUM (CA)	24	mg
MAGNESIUM (MG)	9.5	mg
PHOSPHORUS (P)	23.4	mg
IRON (FE)	0.35	mg
THIAMIN (B1)	0.04	mg
RIBOFLAVIN (B2)	0.05	mg
NIACIN (B3) (TOTAL NE)	0.42	mg
TRYPTOPHAN	8.3	mg
NIACIN (PERFORMED)	0.32	mg
PANTOTHENATE (B5)	0.32	mg
VITAMIN B6 (PYRIDOXINE)	0.1	mg
VITAMIN C	61	mg

ONE-JUICE

PROBIOTIC GINGER 260ML

NUTRIENTS:	Quantity	unit
ENERGY(KJ)	251	kJ
ENERGY(KCAL)	60	kcal
PROTEIN	0.9	g
CARBOHYDRATE	10	g
SUGARS	8.8	g
FAT	0.5	g
SATURATED FAT	0.1	g
FIBRE	0.1	g
SODIUM	4	mg
POTASSIUM (K)	219	mg
CALCIUM (CA)	25.8	mg
MAGNESIUM (MG)	9.1	mg
PHOSPHORUS (P)	14.6	mg
IRON (FE)	0.27	mg
COPPER (CU)	0.15	mg
THIAMIN (B1)	0.03	mg
RIBOFLAVIN (B2)	0.04	mg
NIACIN (B3) (TOTAL NE)	0.3	mg
TRYPTOPHAN	3.6	mg
NIACIN (PERFORMED)	0.24	mg
PANTOTHENATE (B5)	0.19	mg
VITAMIN B6 (PYRIDOXINE)	0.11	mg
VITAMIN C	28	mg

TURMERIC JUICE 260ML

NUTRIENTS:	quantity	unit
ENERGY(KJ)	414	kJ
ENERGY(KCAL)	99	kcal
PROTEIN	1.5	g
CARBOHYDRATE	20	g
SUGARS	17.5	g
FAT	0.7	g
SATURATED FAT	0.1	g
FIBRE	1.6	g
SODIUM	6	mg
POTASSIUM (K)	197	mg
CALCIUM (CA)	13.9	mg
MAGNESIUM (MG)	7.4	mg
PHOSPHORUS (P)	12.5	mg
IRON (FE)	0.33	mg
COPPER (CU)	0.08	mg
ZINC (ZN)	0.04	mg
CHLORIDE (CL)	45	mg
VITAMIN E	0.12	mg
VITAMIN K1 (PHYLLOQUINONE)	5.4	ug
THIAMIN (B1)	0.03	mg
RIBOFLAVIN (B2)	0.04	mg
NIACIN (B3) (TOTAL NE)	0.22	mg
TRYPTOPHAN	1.6	mg
NIACIN (PERFORMED)	0.21	mg
PANTOTHENATE (B5)	0.15	mg
VITAMIN B6 (PYRIDOXINE)	0.1	mg
VITAMIN C	58	mg

ONE-JUICE

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Shooters

ALKALIZER 100ML

NUTRIENTS:	Quantity	unit
ENERGY(KJ)	121	kJ
ENERGY(KCAL)	29	kcal
PROTEIN	1.6	g
CARBOHYDRATE	4	g
SUGARS	3.3	g
FAT	0.8	g
SATURATED FAT	0.1	g
FIBRE	0.1	g
SODIUM	18	mg
POTASSIUM (K)	291	mg
CALCIUM (CA)	23.7	mg
MAGNESIUM (MG)	19	mg
PHOSPHORUS (P)	26.9	mg
IRON (FE)	0.68	mg
VITAMIN E	0.79	mg
TRYPTOPHAN	25.4	mg
NIACIN (PREFORMED)	0.48	mg
PANTOTHENATE (B5)	0.07	mg
VITAMIN B6 (PYRIDOXINE)	0.14	mg
VITAMIN C	48	mg

FLAMERIZER 100ML

NUTRIENTS:	quantity	unit
ENERGY(KJ)	143	kJ
ENERGY(KCAL)	34	kcal
PROTEIN	0.6	g
CARBOHYDRATE	5	g
SUGARS	4.2	g
FAT	0.3	g
SATURATED FAT	0.1	g
FIBRE	0.1	g
SODIUM	3	mg
CALCIUM (CA)	19.4	mg
MAGNESIUM (MG)	7.3	mg
PHOSPHORUS (P)	11.1	mg
IRON (FE)	0.36	mg
THIAMIN (B1)	0.02	mg
RIBOFLAVIN (B2)	0.03	mg
NIACIN (B3) (TOTAL NE)	0.23	mg
TRYPTOPHAN	2.9	mg
NIACIN (PREFORMED)	0.19	mg
PANTOTHENATE (B5)	0.12	mg
VITAMIN B6 (PYRIDOXINE)	0.08	mg
VITAMIN C	19.9	mg

ONE-JUICE

RECOVER 100ML

NUTRIENTS:	quantity	unit
ENERGY(KJ)	115	kJ
ENERGY(KCAL)	27	kcal
PROTEIN	0.6	g
CARBOHYDRATE	4	g
SUGARS	4.4	g
FAT	0.2	g
SATURATED FAT	0	g
FIBRE	0.2	g
SODIUM	1	mg
POTASSIUM (K)	95	mg
CALCIUM (CA)	12.2	mg
MAGNESIUM (MG)	4.6	mg
PHOSPHORUS (P)	9	mg
VITAMIN E	0.18	mg
VITAMIN C	118	mg

PROBIOTIC 100ML

NUTRIENTS:	quantity	unit
ENERGY(KJ)	144	kJ
ENERGY(KCAL)	34	kcal
PROTEIN	0.5	g
CARBOHYDRATE	6	g
SUGARS	5.3	g
FAT	0.3	g
SATURATED FAT	0.1	g
FIBRE	0.1	g
SODIUM	2	mg
POTASSIUM (K)	117	mg
CALCIUM (CA)	15.8	mg
MAGNESIUM (MG)	4.4	mg
PHOSPHORUS (P)	8.8	mg
IRON (FE)	0.31	mg
VITAMIN C	13.5	mg

ENERGY 100ML

NUTRIENTS:	quantity	Unit
ENERGY(KJ)	145	kJ
ENERGY(KCAL)	35	Kcal
PROTEIN	0.4	G
CARBOHYDRATE	7	G
SUGARS	6.2	G
FAT	0.2	G
SATURATED FAT	0.1	G
FIBRE	0.1	G
SODIUM	1	Mg
POTASSIUM (K)	96	Mg
CALCIUM (CA)	6.8	Mg
MAGNESIUM (MG)	3	Mg
PHOSPHORUS (P)	6.7	Mg
IRON (FE)	0.13	Mg
TRYPTOPHAN	2.4	Mg
VITAMIN C	8.5	Mg

IMMUNITY 100ML

NUTRIENTS:	quantity	unit
ENERGY(KJ)	118	kJ
ENERGY(KCAL)	28	kcal
PROTEIN	0.5	g
CARBOHYDRATE	5	g
SUGARS	4.6	g
FAT	0.2	g
SATURATED FAT	0.1	g
FIBRE	0.1	g
SODIUM	13	mg
POTASSIUM (K)	151	mg
CALCIUM (CA)	16.5	mg
MAGNESIUM (MG)	4.3	mg
PHOSPHORUS (P)	10.4	mg
IRON (FE)	0.16	mg
VITAMIN C	13	mg

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Lemonades

BLACK LEMONADE 260ML

NUTRIENTS:	Quantity	unit
ENERGY(KJ)	271	kJ
ENERGY(KCAL)	65	kcal
PROTEIN	0.9	g
CARBOHYDRATE	11	g
SUGARS	10	g
FAT	0.5	g
SATURATED FAT	0.1	g
FIBRE	0.1	g
SODIUM	3	mg
POTASSIUM (K)	199	mg
CALCIUM (CA)	27.1	mg
MAGNESIUM (MG)	7.5	mg
PHOSPHORUS (P)	14.1	mg
IRON (FE)	0.35	mg
COPPER (CU)	0.14	mg
TRYPTOPHAN	4.3	mg
NIACIN (PERFORMED)	0.21	mg
PANTOTHENATE (B5)	0.19	mg
VITAMIN B6 (PYRIDOXINE)	0.11	mg
VITAMIN C	29.5	mg

BLUE LEMONADE 260ML

NUTRIENTS:	quantity	unit
ENERGY(KJ)	267	kJ
ENERGY(KCAL)	64	kcal
PROTEIN	0.9	g
CARBOHYDRATE	11	g
SUGARS	10	g
FAT	0.5	g
SATURATED FAT	0.1	g
FIBRE	0.1	g
SODIUM	3	mg
POTASSIUM (K)	193	mg
CALCIUM (CA)	26.6	mg
MAGNESIUM (MG)	7	mg
PHOSPHORUS (P)	13.2	mg
IRON (FE)	0.24	mg
TRYPTOPHAN	3.8	mg
NIACIN (PERFORMED)	0.19	mg
PANTOTHENATE (B5)	0.19	mg
VITAMIN B6 (PYRIDOXINE)	0.11	mg
VITAMIN C	29.6	mg

ONE-JUICE

PINK LEMONADE 260ML

NUTRIENTS:	Quantity	unit
ENERGY(KJ)	267	kJ
ENERGY(KCAL)	64	kcal
PROTEIN	0.9	g
CARBOHYDRATE	11	g
SUGARS	9.9	g
FAT	0.5	g
SATURATED FAT	0.1	g
FIBRE	0.1	g
SODIUM	4	mg
POTASSIUM (K)	215	mg
CALCIUM (CA)	27.3	mg
MAGNESIUM (MG)	7.9	mg
PHOSPHORUS (P)	15.6	mg
IRON (FE)	0.32	mg
TRYPTOPHAN	5.3	mg
NIACIN (PREFORMED)	0.2	mg
PANTOTHENATE (B5)	0.19	mg
VITAMIN B6 (PYRIDOXINE)	0.11	mg
VITAMIN C	31.3	mg

ONE-JUICE

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Ice Teas

FOCUS ICE TEA 260ML

NUTRIENTS:	Quantity	unit
ENERGY(KJ)	245	kJ
ENERGY(KCAL)	59	kcal
PROTEIN	0.8	g
CARBOHYDRATE	11	g
SUGARS	10.4	g
FAT	0.4	g
SATURATED FAT	0.1	g
FIBRE	0.1	g
SODIUM	2	mg
POTASSIUM (K)	152	mg
CALCIUM (CA)	15.2	mg
MAGNESIUM (MG)	5.2	mg
PHOSPHORUS (P)	12.8	mg
IRON (FE)	0.28	mg
COPPER (CU)	0.11	mg
ZINC (ZN)	0.05	mg
NIACIN (B3) (TOTAL NE)	0.3	mg
TRYPTOPHAN	7.2	mg
NIACIN (PREFORMED)	0.21	mg
PANTOTHENATE (B5)	0.18	mg
VITAMIN B6 (PYRIDOXINE)	0.07	mg
VITAMIN C	17.4	mg

SLEEP ICE TEA 260ML

NUTRIENTS:	quantity	unit
ENERGY(KJ)	180	kJ
ENERGY(KCAL)	43	kcal
FAT	0.5	g
SATURATED FAT	0	g
CARBOHYDRATE	9.2	g
SUGARS	8.1	g
FIBRE	0	g
PROTEIN	0.5	g
SALT	0	g
POTASSIUM (K)	114	mg
CALCIUM (CA)	4.8	mg
MAGNESIUM (MG)	2.9	mg
PHOSPHORUS (P)	6.7	mg
VITAMIN A (TOTAL RE)	3.2	ug
VITAMIN B6 (PYRIDOXINE)	0.06	mg
BIOTIN (B7)	0.79	ug
VITAMIN C	6.9	mg

ONE-JUICE

RELAX ICE TEA 260ML

NUTRIENTS:	quantity	Unit
ENERGY(KJ)	112	kJ
ENERGY(KCAL)	27	Kcal
FAT	0	G
SATURATED FAT	0	G
CARBOHYDRATE	5.8	G
SUGARS	5	G
FIBRE	0	G
PROTEIN	0.5	G
SALT	0	G
VITAMIN C	4.1	Mg
CALCIUM (CA)	2.5	Mg
MAGNESIUM (MG)	2.5	Mg
PHOSPHORUS (P)	4.8	Mg

ONE-JUICE

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Plant Protein Shakes

VANILLA 260ML

NUTRIENTS:	quantity	unit
ENERGY(KJ)	788	kJ
ENERGY(KCAL)	188	kcal
PROTEIN	21.2	g
CARBOHYDRATE	12	g
SUGARS	10.4	g
FAT	5.5	g
SATURATED FAT	0.8	g
FIBRE	1	g
SODIUM	559	mg

RAW CACAO 260ML

NUTRIENTS:	quantity	unit
ENERGY(KJ)	990	kJ
ENERGY(KCAL)	236	kcal
PROTEIN	22.8	g
CARBOHYDRATE	9	g
SUGARS	4.9	g
FAT	10.9	g
SATURATED FAT	2.9	g
FIBRE	5.3	g
SODIUM	546	mg

ONE-JUICE

ONE-JUICE NUTRITIONAL INFO



Plant Health Soups

RESET 250G SERVING

NUTRIENTS:	quantity	unit
ENERGY(KJ)	335	kJ
ENERGY(KCAL)	27	kcal
PROTEIN	1.8	g
CARBOHYDRATE	10	g
SUGARS	9.3	g
FAT	2.8	g
SATURATED FAT	0.3	g
FIBRE	2.3	g
SODIUM	818	mg

NOURISH 250G SERVING

NUTRIENTS:	quantity	unit
ENERGY(KJ)	170	kJ
ENERGY(KCAL)	27	kcal
PROTEIN	1	g
CARBOHYDRATE	8	g
SUGARS	3	g
FAT	0.3	g
SATURATED FAT	0.1	g
FIBRE	1.5	g
SODIUM	663	mg

REPLENISH 250G SERVING

NUTRIENTS:	quantity	unit
ENERGY(KJ)	350	kJ
ENERGY(KCAL)	27	kcal
PROTEIN	1.8	g
CARBOHYDRATE	10	g
SUGARS	6.3	g
FAT	3	g
SATURATED FAT	2.8	g
FIBRE	1.8	g
SODIUM	468	mg

ONE-JUICE