

Formulated Beverage Survey - Australia 2005

Composition

Product Name	Serving Size	No. of serves per day	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	700 ml	1-2 Bottles per day	38	0	0	2.2	2.2		Sodium=2 mg Calcium=11.4mg (10%) Iron=0.2mg (10%) Zinc=0.2mg (10%)	
FRUIT 2 0	200 ml	NS	56	0	0	3.3	3.3	C=2 mg (10%)	Sodium=3mg Calcium=40mg (10%)	
G FORCE	400 ml	NS	184	<1	<1	10.8	10.8	C=35mg (350%) E=1mg (40%) B3=1mg (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=12mg Magnesium=1.5mg Potassium=0.4mg HCO3=45mg Chloride=1.5 mg Sodium=Not Specified	
MIZONE SPORTS WATER	200 ml	NS	43	0	0	2.5	2.5	C=20mg (100%) B3=1mg (20%) B5=0.5mg B6=0.16mg (20%) B12=0.1ug (10%)	Sodium=<5mg	
PLAY Blackcurrant Low GI	500 ml	NS	72	0	0	4.2	4	B3=2.7mg (71%) B5=0.7mg B6=0.3 mg (94%) Folate=30ug (75%) Biotin=10ug B12=0.15ug (38%)	Calcium=16mg (10%) Fluoride=0.1mg Sodium=8mg	

<b>PLAY Fruit Fest No Added Sugar</b>	500 ml	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 B12=0.15ug (38%)	Calcium=16mg (10%) Fluoride=0.1mg Sodium=8mg	
<b>PLAY Orange Sportswater for Kids</b>	500 ml	NS	72	0	<1	4	4	B3=2.7mg B5=0.7mg B6=0.3 mg Folate=30ug Biotin=10ug B12=0.15ug	Calcium=28mg Fluoride=0.1mg Sodium=8mg Potassium=9mg	
<b>POWERADE WATER</b>	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	
<b>SOLIS Bliss</b>	350 ml	NS	182	<1	<1	11	11	B1=0.6mg B3=3.5mg B5=1mg B6=0.9mg B12=1.1ug	Calcium=30mg Sodium=8mg	
<b>SOLIS Cherish</b>	350 ml	NS	194	<1	<1	11	11	Folate=12.5ug C=15mg	Sodium=9mg	
<b>SPRING VALLEY "Twist"</b>	600 ml	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	
<b>TEMPLE HYDROTHERAPY - Honeydew flavour vitamin water with calcium</b>	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	

<b>TEMPLE HYDROTHERAPY - Star fruit flavour vitamin water with aloe</b>	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%)	Sodium=2mg	Aloe extract
<b>TEMPLE HYDROTHERAPY - Pink grapefruit flavour vitamin water with antioxidants</b>	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=15ug (10%)	Sodium=2mg	
<b>TEMPLE HYDROTHERAPY - Blood orange flavour vitamin water with calcium</b>	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	
<b>TEMPLE HYDROTHERAPY - White peach flavour vitamin water with fibre</b>	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	
<b>TEMPLE HYDROTHERAPY - Dragonfruit flavour vitamin water with iron</b>	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	

<b>THORPEDO Advanced Hydration</b>	600 ml	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=12.5ug (10%) Biotin=8.3ug B12=0.15ug (45%)	Sodium=25 mg Potassium=12 mg Chloride=31mg	
<b>WATERPLUS (Bickford)</b>	710ml	Recommended consumption: up to 4 serves per day	2	0	0	<0.1	0	B1=0.04mg (10%) B3=0.35mg (10%) B5=0.18mg (25%) B6=0.06mg (25%) B12=0.07mg (25%) C=1.4mg (25%) E=0.14mg (10%)	Magnesium=4.5mg (10%) Zinc=0.17mg (10%) Sodium=6mg Potassium=6mg	
<b>WATERPLUS (Sanitarium)</b>  Note: Bickford has since purchased product and reformulated slightly.	710 ml	NS	2	0	0	<1	0	B1=0.04mg (25%) B3=0.4mg (25%) B5=0.2mg B6=0.06mg (25%) B12=0.1mg (25%) C=1mg (25%) E=0.1mg (10%)	Calcium=11mg (10%) Magnesium=5mg (10%) Zinc=0.2mg (10%) Sodium=6mg Potassium=6mg	
<b>PROPEL - Fitness Water</b>  Deleted Line ~ June 2004	240 mL	NS	17.5	0	0	125%	0.83	% Daily Value C=10% E=10% B3=25% B6=25% B12=25% B5=25%	Sodium=35 mg Potassium=40mg	
<b>RIDE</b>  Line Deleted ~ Sep 2004 replaced by Play	500 mL	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=17 mg Optizinc=10mg Zinc=2 mg Chromemate=100ug (niacin bound-chromium)	

SLINKY Deleted Lined since ~ Sep2004	500 mL	NS	72	0	<1	4	4	B3=2.7 mg B5=0.7 mg B6 =0.3 mg Folate=30ug Biotin=10ug B12=0.15ug	Calcium=28 mg Chromemate=100ug (niacin bound-chromium)	
--	--------	----	----	---	----	---	---	--	--	--