

NUTRITION INFORMATION

INGREDIENTS

100% PURE KIWIFRUIT.

NOTHING ADDED. NOTHING ARTIFICIAL.

Absolutely NO added sugar

NO added colour

NO preservatives

Just 5 kiwifruit sliced and dried in every pack.

Locally grown and produced, Kiwi Bites are slow dried over 15hours to lock in all the nutrients and energy for busy adults and energetic kids.

- > Excellent source of Vitamin C
- > Good source of Vitamin E
- > Good source of Dietary Fibre
- > Source of Potassium
- > Low in Fat and Salt
- > No added Sugar

100% NATURAL

GLUTEN FREE, VEGAN & PALEO - FRIENDLY

Packed with natural goodness, Kiwi Bites help contribute to;

- > Cell protection from free radical damage
- > Healthy skin and bones
- > The reduction of tiredness and fatigue
- > Immunity
- > Energy for normal metabolism

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Servings per package: 1

Serving size: 50g

	Avg. Quantity per Serving	Avg. Quantity per 100g
Energy	696kJ (166Cal)	1390kJ (333Cal)
Protein	2.9g	5.7g
Fat, Total	0.4g	0.7g
- Saturated	0.1g	0.1g
- Trans	0.0g	0.0g
Carbohydrate	34.8g	69.7g
- Sugars*	27.3g	54.6g
Dietary fibre	5.4g	10.7g
Sodium	4mg	9mg
Potassium	750mg	1500mg
Vitamin C	185mg (462%RDI*)	370mg
Vitamin E	3.7mg (37%RDI*)	7.5mg

*RDI: Recommended Dietary Intake

Sugars*: all natural fruit sugars only, none added

Ingredients: Dried Gold Kiwifruit

May contain natural firm kiwifruit parts including seeds

*Great source of Vitamin C & good source
of Vitamin E & dietary fibre*

Each pack contains almost 5 times your Recommended Dietary Intake of Vitamin C
1/3 of your Recommended Dietary Intake of Vitamin E, high levels of potassium as well as fibre and Actinidinzymes.