



JAN HARMSGAT

— EST • 1723 —

Jan Harmsgat (PTY) Ltd 2009/008927/07
P.O. Box 161, Bonnievale, 6730, South Africa | Tel: +27 (0)76 708 4268
E-mail: orders@janharmsgat.com | Website: www.janharmsgat.com

100% POMEGRANATE JUICE

Our 100% Pomegranate Juice contains no added sugar, flavourings or colourants.

Type:	Wonderful Pomegranates
Origin:	Bonnievale
Volume:	1 litre
Ingredients:	100% Pomegranate Juice
Barcode:	6009902021179

Pomegranate juice offers numerous health benefits, supporting heart health, memory, blood circulation, diabetes management, fertility, skin health, digestion, weight management, and immune function.

Nutritional information / 100 ml

Energy	252 kJ
Protein	1.4 g
Carbohydrates	24 g
Natural Sugar	16 g
Total Fat	0.5 g
<i>of which is Saturated Fat</i>	0.1 g
Dietary Fiber	0.9 g
Total Sodium	5 mg

