



JAN HARMSGAT

— EST • 1723 —

Jan Harmsgat (PTY) Ltd 2009/008927/07

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100% POMEGRANATE JUICE

Our 100% pomegranate juice is made by juicing the entire fruit, preserving all its nutritional benefits.

Type:	Wonderful Pomegranates
Origin:	Bonnievale
Volume:	2 litre
Ingredients:	100% Pomegranate Juice
Barcode:	6009902021193

Did you know?

It takes 7kg of fresh pomegranates to produce 2 litre of juice.

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

