

























	Sugar	Sucralose	Sulphites	Sodium Benzoate	Sodium Metabisulfate	Carbonation	E155	E133	E163	E952	E950
Iced Tea Lipton											
Natural Mineral Water Waterfords											
Iced Tea Tea Industries											
Flavoured Water Groove											
Flavoured Milk Oak											

 Contains

 Does not contain

## Ingredients of Concern

### **Sugar:**

High sugar consumption is linked to **obesity**, type 2 diabetes, and **cardiovascular issues**.

Sugar can also **negatively impact mental health**, leading to anxiety and depression.

The **spikes and crashes in energy levels caused by sugary foods can affect concentration and academic performance**.

### **Carbonated Drinks:**

The acidity of carbonated drinks including sparkling water can lead to **dental erosion**, resulting in long-term oral health problems for our students.

Some studies suggest that high consumption of carbonated drinks may be linked to **lower bone mineral density in children and adolescents**, increasing the risk of fractures and osteoporosis later in life.

Carbonated beverages **can cause bloating and discomfort** due to the carbonation, leading to digestive issues such as **gas and indigestion**.

### **E211 - Sodium Benzoate:**

This preservative can form benzene, **a known carcinogen**, especially when combined with vitamin C.

Studies have shown potential links to hyperactivity and behavioural problems in children.

May have weak genotoxic effects and cause DNA damage in human lymphocytes

### **E223 - Sodium Metabisulfite:**

Used as a preservative, this ingredient **can trigger severe allergic reactions and respiratory issues**, particularly in asthmatic children.

### **E155 - Brown HT:**

Banned in several countries including the United States, Australia, Austria, Belgium, Denmark, France, Germany, Norway, Sweden, Switzerland

This artificial dye has been associated with hyperactivity and behavioural issues in children.

May cause asphyxiation attacks in asthmatics.

May contain aluminium without it being stated on the label, which is associated with potential neurological and other health issues

### **E133 - Brilliant Blue FCF:**

This synthetic colouring agent has been **linked to allergic reactions and behavioural changes in children**. It is crucial to consider the long-term effects on students' health and academic success.

May cause asphyxiation attacks in asthmatics

Has been linked to attention deficit and **hyperactivity in children**

Studies suggest it may inhibit neurite growth and act synergistically with glutamate to potentially cause neurotoxicity

**E407 - Carrageenan:**

Research suggests that it may lead to **gastrointestinal inflammation** and discomfort, potentially affecting students' ability to focus and participate in class activities.

Linked to colorectal and liver cancer in some animal studies.

**E163 - Anthocyanins:**

Some individuals may experience **allergic reactions** to anthocyanins, which can manifest as skin rashes, itching, or gastrointestinal discomfort.

**E955 - Sucralose:**

As an artificial sweetener, sucralose **may disrupt gut bacteria**, leading to potential metabolic issues. The long-term health implications for our students are still being studied but raise significant concerns.

A study found that sucralose-6-acetate, a chemical formed from sucralose, **may cause breaks in DNA**, potentially increasing cancer risk

Sucralose exposure has been linked to increased activation of genes associated with **inflammation, oxidative stress, and cancer**

**E952 - Cyclamate**

Banned in the US since 1969 due to cancer concerns in animal studies

Potential male fertility effects observed in rats (testicular atrophy)

**E950 - Acesulfame Potassium**

Potential cancer risk, though more studies are needed

May cause headaches in some individuals

Concerns about possible carcinogenic effects, though more studies are needed

- ✓ NATURAL COLOURS & FLAVOURS
- ✓ NO ADDED SUGAR
- ✓ WITH 5% JUICE

\*90% REDUCTION IN SUGAR WHEN COMPARED TO WATERFORDS FULL SUGAR FLAVOURED MINERAL WATER.

LOW JOULE FLAVOURED SPARKLING NATURAL MINERAL WATER.

INGREDIENTS: CARBONATED NATURAL MINERAL WATER, RECONSTITUTED JUICE [APPLE (4.9%), RASPBERRY (0.1%)], FOOD ACID (CITRIC), NATURAL FLAVOUR, PRESERVATIVE (211), SWEETENERS (952, 955, 950), BLACK CARROT CONCENTRATE, NATURAL COLOUR (ANTHOCYANIN#).

#SOURCED FROM BLACK CARROTS

NUTRITION INFORMATION			
SERVINGS PER PACK: 4	SERVING SIZE: 250mL		
AVERAGE QUANTITY	PER SERVE	%DI* PER SERVE	PER 100mL
ENERGY	29kJ	0.3%	12kJ
PROTEIN	0g	0%	0g
FAT- TOTAL	0g	0%	0g
- SATURATED	0g	0%	0g
CARBOHYDRATE	1.3g	0.4%	0.5g
- SUGARS	1.1g	1.2%	0.4g
DIETARY FIBRE	0g	0%	0g
SODIUM	34mg	1%	14mg

\*PERCENTAGE DAILY INTAKES ARE BASED ON AN AVERAGE ADULT DIET OF 8,700KJ. YOUR DAILY INTAKES MAY BE HIGHER OR LOWER DEPENDING ON YOUR ENERGY NEEDS.

MADE IN AUSTRALIA. 100% AUSTRALIAN OWNED.

STORE IN A COOL, DRY PLACE OUT OF DIRECT SUNLIGHT. DO NOT FREEZE. BEST SERVED CHILLED.

DO NOT USE IF TAMPER EVIDENT SEAL IS BROKEN OR MISSING.

FOR BEST BEFORE DATE SEE NECK OF BOTTLE.

TRU BLU BEVERAGES PTY LTD,

43 MONS STREET, CONDELL PARK, NSW 2200.

FREECALL: 1800 289 135

[www.trublubeverages.com.au](http://www.trublubeverages.com.au)

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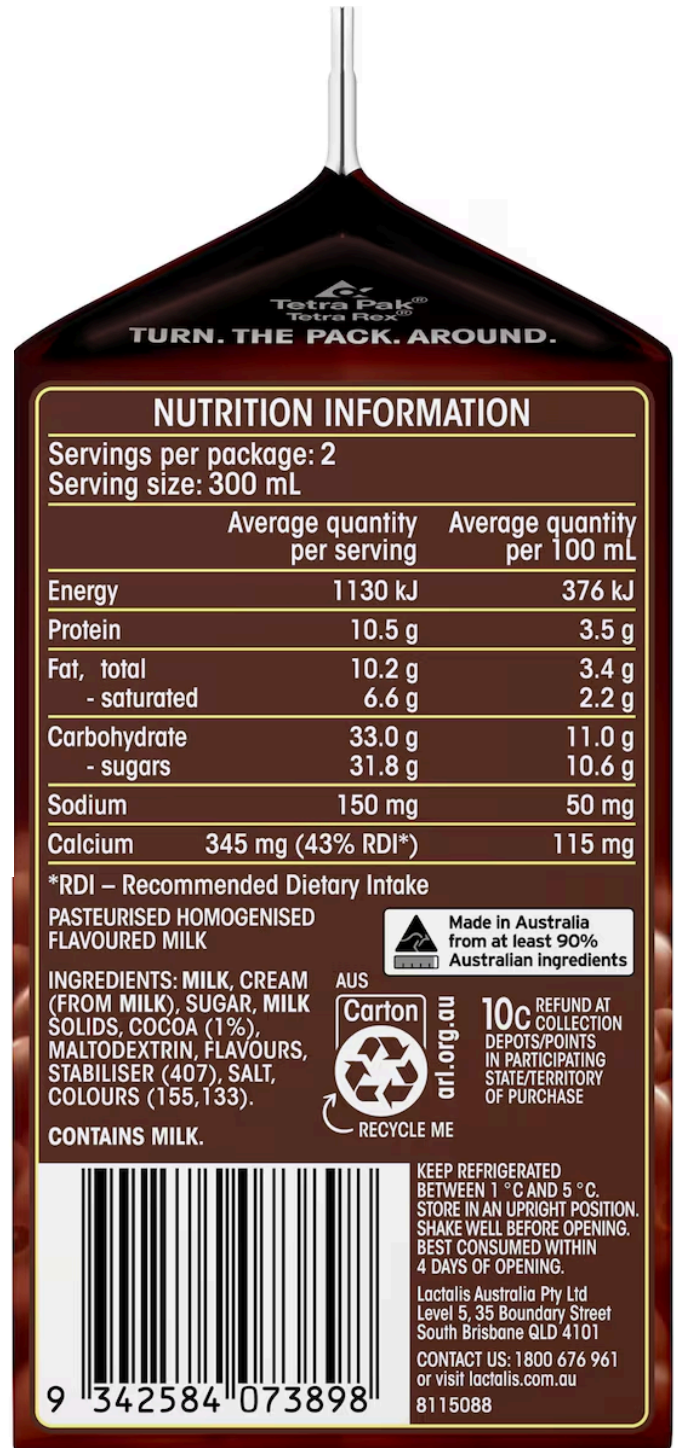


REFUND AT COLLECTION DEPOTS/POINTS IN PARTICIPATING STATE/TERRITORY OF PURCHASE



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## Groove Flavoured Sparkling Mineral Water Nutrition Information

### GRAPE

Average Quantity	Per 250mL	%DI* Per 350mL
Energy	42kJ	1%
Protein	<1g	0%
Fat – Total	0g	0%
- Saturated	0g	0%
Carbohydrate	2.5g	1%
- Sugars	1.8g	2%
Dietary Fibre	<1g	0.1%
Sodium	53mg	2%

\*Percentage Daily Intakes are based on an average adult diet of 8,†700kJ.  
Your daily intakes may be higher or lower depending on your energy needs.  
†Recommended Dietary Intake

### Ingredients

Carbonated Mineral Water, Reconstituted Grape Juice (5%), Food Acid (Citric), Natural Flavours, Sweetener (955), Preservatives [211, 223 (Sulphites)], Natural Colour (163).  
CONTAINS SULPHITES

### STRAWBERRIES & CREAM

Average Quantity	Per 250mL	%DI* Per 350mL
Energy	42kJ	1%
Protein	<1g	0%
Fat – Total	0g	0%
- Saturated	0g	0%
Carbohydrate	2.5g	1%
- Sugars	1.8g	2%
Dietary Fibre	<1g	0.1%
Sodium	53mg	2%

\*Percentage Daily Intakes are based on an average adult diet of 8,†700kJ.  
Your daily intakes may be higher or lower depending on your energy needs.  
†Recommended Dietary Intake

### Ingredients

Carbonated Mineral Water, Reconstituted Fruit Juices [Grape (4%), Strawberry (1%)], Natural Flavours, Food Acid (Citric), Sweetener (955), Preservatives [211, 223 (Sulphites)], Natural Colour (163). CONTAINS SULPHITES

### RASPBERRY

Average Quantity	Per 250mL	%DI* Per 350mL
Energy	42kJ	1%
Protein	<1g	0%
Fat – Total	0g	0%
- Saturated	0g	0%
Carbohydrate	2.5g	1%
- Sugars	1.8g	2%
Dietary Fibre	<1g	0.1%
Sodium	53mg	2%

\*Percentage Daily Intakes are based on an average adult diet of 8,†700kJ.  
Your daily intakes may be higher or lower depending on your energy needs.  
†Recommended Dietary Intake

### Ingredients

Carbonated Mineral Water, Reconstituted Fruit Juices [Grape (4%), Raspberry (1%)], Food Acid (Citric), Natural Flavours, Sweetener (955), Preservatives [211, 223 (Sulphites)], Natural Colour (163). CONTAINS SULPHITES

### WATERMELON

Average Quantity	Per 250mL	%DI* Per 350mL
Energy	42kJ	1%
Protein	<1g	0%
Fat – Total	0g	0%
- Saturated	0g	0%
Carbohydrate	2.5g	1%
- Sugars	1.8g	2%
Dietary Fibre	<1g	0.1%
Sodium	53mg	2%

\*Percentage Daily Intakes are based on an average adult diet of 8,†700kJ.  
Your daily intakes may be higher or lower depending on your energy needs.  
†Recommended Dietary Intake

### Ingredients

Carbonated Mineral Water, Reconstituted Fruit Juices [Grape (4%), Watermelon (1%)], Natural Flavours, Food Acid (Citric), Sweetener (955), Preservatives [211, 223 (Sulphites)], Natural Colours (163, 161b). CONTAINS SULPHITES