

MENTOS NUTRITIONAL INFORMATION

MENTOS ROLLS

Mentos Mint Roll 14 pce (37.5g):

	Ave Qty per Serve	Ave Qty per 100g
Energy	44 kJ (10 Cal)	1635kJ (385Cal)
Protein	0g	0g
Fat - Total	Less than 0.1g	1.7g
- Saturated	Less than 0.1g	1.7g
Carbohydrate	2.5g	92g
- Sugars	2.0g	73g
Sodium	Less than 5mg	30mg

Mentos Fruit Roll 14 pce (37.5g):

	Ave Qty per Serve	Ave Qty per 100g
Energy	44kJ (10 Cal)	1625kJ (385Cal)
Protein	0g	0g
Fat - Total	Less than 0.1g	1.7g
- Saturated	Less than 0.1g	1.7g
Carbohydrate	2.5g	91g
- Sugars	1.9g	72g
Sodium	Less than 5mg	30mg

Mentos Spearmint Roll 14 pce (37.5g):

	Ave Qty per Serve	Ave Qty per 100g
Energy	44 kJ (10 Cal)	1635kJ (385Cal)
Protein	0g	0g
Fat - Total	Less than 0.1g	1.7g
- Saturated	Less than 0.1g	1.7g
Carbohydrate	2.5g	92g
- Sugars	2.0g	73g
Sodium	Less than 5mg	30mg

Mentos Berry Blast Roll 14 pce (37.5g):

	Ave Qty per Serve	Ave Qty per 100g
Energy	44kJ(10 Cal)	1615kJ(380 Cal)
Protein	0	0
Fat - Total	Less than 0.1g	1.6g
- Saturated	Less than 0.1g	1.6g
Carbohydrate	2.4g	90g
- Sugars	1.9g	71g
Sodium	Less than 5mg	50mg
Vitamin C	4mg	150ng

Mentos Tropical Roll 14 pce (37.5g):

	Ave Quantity per Serving	Ave Quantity per 100 g
Energy	44 kJ (10.5 Cal)	1640 kJ (385 Cal)
Protein	0 g	0 g
Fat - Total	LESS THAN 0.2g	1.5 g
- Saturated	LESS THAN 0.2g	1.5 g
Carbohydrate	2.5 g	92 g
- Sugars	1.9 g	69.5 g
Sodium	LESS THAN 5 mg	55 mg

Mentos Strong Mint Roll 14 pce (37.5g):

	Ave Qty per Serve	Ave Qty per 100g
Energy	44 kJ (10 Cal)	1635kJ (385Cal)
Protein	0g	0g
Fat - Total	Less than 0.1g	1.7g
- Saturated	Less than 0.1g	1.7g
Carbohydrate	2.5g	92g
- Sugars	2.0g	73g
Sodium	Less than 5mg	30mg

Mentos Sour Mix Roll 14 pce (37.5g):

	Ave Qty per Serve	Ave Qty per 100g
Energy	44kJ (10 Cal)	1615kJ (383Cal)
Protein	0g	0g
Fat - Total	Less than 0.1g	1.6g
- Saturated	Less than 0.1g	1.6g
Carbohydrate	2.5g	91g
- Sugars	1.9g	72g
Sodium	Less than 5mg	30mg

MINI MENTOS

Mini Mentos Fruit Mix 15 rolls (150g):

	Ave Qty per Serve	Ave Qty per 100g
Energy	163kJ (39 Cal)	1625kJ (385 Cal)
Protein	0g	0g
Fat - Total	LESS THAN 0.2g	1.6g
- Saturated	LESS THAN 0.2g	1.6g
Carbohydrate	9.1g	91g
- Sugars	7.3g	73g
Sodium	LESS THAN 5mg	30mg

Mini Mentos Tropical Mix 15 rolls (150g):

	Ave Qty per Serve	Ave Qty per 100g
Energy	165 kJ (39 Cal)	1645 kJ (390 Cal)
Protein	0 g	0 g
Fat - Total	LESS THAN 0.2g	1.5 g
- Saturated	LESS THAN 0.2g	1.5 g
Carbohydrate	9.3 g	92.5 g
- Sugars	7.2 g	71.5 g
Sodium	LESS THAN 5 mg	40 mg

Mini Mentos Rolls (1kg Jar):

	Ave Qty per Serve	Ave Qty per 100g
Energy	160 kJ (37.6 Cal)	1600 kJ (376 Cal)
Protein	0 g	0 g
Fat - Total	LESS THAN 1g	LESS THAN 1g
- Saturated	LESS THAN 1g	LESS THAN 1g
Carbohydrate	9.3 g	92.6 g
- Sugars	7.2 g	72.0 g
Sodium	LESS THAN 5 mg	30 mg

MENTOS ICE GUM

Mentos Ice Gum Peppermint, Green Mint & Orange Mint:

	Ave Qty per Serve
Energy	13 kJ
Protein	0 g
Fat - Total	0 g
- Saturated	0 g
Carbohydrate	0 g
- Sugars	0 g
Sodium	0 mg

MENTOS BLAST GUM

Blast Green Apple Raspberry 14pce (28g):

	Avg. Quantity per serving	Avg. Quantity per 100 g
Energy	18.4 kJ	920 kJ
Protein	0.01 g	0.6 g
Fat - Total	0 g	0 g
- Saturated fat	0 g	0 g
Carbohydrate	0 g	0 g
- Sugars	0 g	0 g
Glycerol	0.09 g	4.3 g
Maltitol	0.8 g	39.3 g
Mannitol	0.3 g	15.2 g
Sorbitol	0.18 g	9 g
Xylitol	0.06 g	3 g
Dietary Fibre, total	0.03 g	1.4 g
Sodium	0 mg	Less than 5 mg

Blast Berry Lime 14 pce (28g):

	Ave Qty per Serve	Ave Qty per 100g
Energy	17.9 kJ	893 kJ
Protein	0 g	0 g
Fat - Total	0 g	0 g
- Saturated	0 g	0 g
Carbohydrate	0 g	0 g
- Sugars	0 g	0 g
Sodium	0 mg	Less than 5 mg

Blast Sweet Strong Mint 14 pce (28g):

	Ave Qty per Serve	Ave Qty per 100g
Energy	18.9 kJ	945 kJ
Protein	0 g	0 g
Fat - Total	0 g	0 g
- Saturated	0 g	0 g
Carbohydrate	0 g	0 g
- Sugars	0 g	0 g
Sodium	0 mg	Less than 5 mg

Blast Green Apple Raspberry 28pce (56g):

	Avg. Quantity per serving	Avg. Quantity per 100 g
Energy	18.4 kJ	920 kJ
Protein	0.01 g	0.6 g
Fat - Total	0 g	0 g
- Saturated fat	0 g	0 g
Carbohydrate	0 g	0 g
- Sugars	0 g	0 g
Glycerol	0.09 g	4.3 g
Maltitol	0.8 g	39.3 g
Mannitol	0.3 g	15.2 g
Sorbitol	0.18 g	9 g
Xylitol	0.06 g	3 g
Dietary Fibre, total	0.03 g	1.4 g
Sodium	0 mg	Less than 5 mg

Blast Berry Lime 28pce (56g):

	Ave Qty per Serve	Ave Qty per 100g
Energy	18 kJ	895 kJ
Protein		
Fat - Total		
- Saturated		
Carbohydrate		
- Sugars		
Glycerol	0.09g	4.5g
Maltitol	0.8g	40g
Mannitol	0.31g	15.5g
Sorbitol	0.17g	8.3 g
Xylitol	0.06g	2.8g
Dietary Fibre, total	0.04g	1.8g
Sodium	0mg	Lee than 5mg

Blast Green Sweet Strong Mint 28pce (56g):

	Ave Qty per Serve	Ave Qty per 100g
Energy	18.4 kJ	920 kJ
Protein	0	0
Fat - Total	0	0
- Saturated	0	0
Carbohydrate	0	0
- Sugars	0	0
Glycerol	0.1g	5g
Maltitol	0.8g	40.5g
Mannitol	0.31g	15.5g
Sorbitol	0.18g	8.9g
Xylitol	0.06g	2.9g
Dietary Fibre, total	0.03g	1.5g
Sodium	0mg	Lee than 5mg

Blast Sweet Strong Mint 3 Pack 42pce (84g):

	Avg. Quantity per serving	Avg. Quantity per 100 g
Energy	18.5 kJ	924 kJ
Protein	0.01 g	0.6 g
Fat - Total	0 g	0 g
- Saturated fat	0 g	0 g
Carbohydrate	0 g	0 g
- Sugars	0 g	0 g
Glycerol	0.1 g	4.9 g
Maltitol	0.8 g	38.2 g
Mannitol	0.34 g	16.9 g
Sorbitol	0.17 g	8.4 g
Xylitol	0.09 g	4.3 g
Dietary Fibre, total	0.04 g	2.1 g
Sodium	0 mg	Less than 5 mg

Blast Green Apple Raspberry 3 Pack 42pce (84g):

	Avg. Quantity per serving	Avg. Quantity per 100 g
Energy	18.4 kJ	920 kJ
Protein	0.01 g	0.6 g
Fat - Total	0 g	0 g
- Saturated fat	0 g	0 g
Carbohydrate	0 g	0 g
- Sugars	0 g	0 g
Glycerol	0.09 g	4.3 g
Maltitol	0.8 g	39.3 g
Mannitol	0.3 g	15.2 g
Sorbitol	0.18 g	9 g
Xylitol	0.06 g	3 g
Dietary Fibre, total	0.03 g	1.4 g
Sodium	0 mg	Less than 5 mg

Blast Berry Lime 3 Pack 42pce (84g)

	Avg. Quantity per serving	Avg. Quantity per 100 g
Energy	18.2 kJ	908 kJ
Protein	0.01 g	0.6 g
Fat - Total	0 g	0 g
- Saturated fat	0 g	0 g
Carbohydrate	0 g	0 g
- Sugars	0 g	0 g
Glycerol	0.09 g	4.5 g
Maltitol	0.8 g	38 g
Mannitol	0.3 g	16.4 g
Sorbitol	0.17 g	8.3 g
Xylitol	0.06 g	2.8 g
Dietary Fibre, total	0.04 g	2.1 g
Sodium	0 mg	Less than 5 mg