

**NUTRITION INFORMATION****Mentos Mint Roll**

	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**

	Ave Qty per Serve	Ave Qty per 100g
Energy	44 kJ (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	2.0g	73g
Sodium	Less than 5mg	30mg

**Mentos Spearmint Roll**

	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 Rainbow Roll**

	Ave Qty per Serve	Ave Qty per 100g
Energy	44kJ	1640kJ
Protein	0g	0g
Fat, Total	Less than 0.2g	1.5g
Saturated	Less than 0.2g	1.5g
Carbohydrate	2.5 g	91g
- Sugars	1.9g	69g
Sodium	Less than 5mg	40mg

**Mentos Berry Blast Roll**

	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 Fresh Cola Roll**

	Ave Qty per Serve	Ave Qty per 100g
Energy	44KJ	1830kJ
Protein	0g	0g
Fat – Total	Less than 0.2g	1.5g
- Saturated	Less than 0.2g	1.5g
Carbohydrate	2.5g	91.5g
- Sugars	1.9g	69g
Sodium	Less than 5mg	30mg

**Mentos Watermelon Roll**

	Ave Qty per Serve	Ave Qty per 100g
Energy	44KJ	1630kJ
Protein	0g	0g
Fat – Total	Less than 0.2g	1.5g
- Saturated	Less than 0.2g	1.5g
Carbohydrate	2.5g	91.5g
- Sugars	1.9g	69.5g
Sodium	Less than 5mg	30mg

**Mentos Duo**

	Ave Qty per Serve	Ave Qty per 100g
Energy	44kJ	1630kJ
Protein	0g	0g
Fat – Total	Less than 0.2g	1.5g
- Saturated	Less than 0.2g	1.5g
Carbohydrate	2.5g	91.5g
- Sugars	1.9g	69g
Sodium	Less than 5mg	40mg

**Mentos Mint Bottle**

	Ave Qty per Serve	Ave Qty per 100g
Energy	44kJ	1645kJ
Protein	0g	0g
Fat – Total	Less than 0.2g	1.5g
- Saturated	Less than 0.2g	1.5g
Carbohydrate	2.5g	93g
- Sugars	1.9g	70.5g
Sodium	Less than 5mg	30mg

**Mini Mentos Rainbow Bag 120g**

	Ave Qty per Serve	Ave Qty per 100g
Energy	164kJ	164kJ
Protein	0g	0g
Fat – Total	Less than 0.2g	1.5g
- Saturated	Less than 0.2g	1.5g
Carbohydrate	9.2g	92g
- Sugars	7.2g	71.5g
Sodium	Less than 5mg	40mg

**Mini Mentos Rainbow Box (60 Piece)**

	Ave Quantity per Serving	Ave Quantity per 100 g
Energy	164kJ	1640kJ
Protein	0 g	0 g
Fat, total	Less than 0.2 g	1.5 g
- saturated	Less than 0.2 g	1.5 g
Carbohydrate	9.2 g	92 g
- sugars	7.2 g	71.5 g
Sodium	Less than 5 mg	40 mg

**Mentos Blast Berry Lime 28pce (56g)**

	Ave Qty per Serve	Ave Qty per 100g
Energy	18 kJ	895 kJ
Protein	0g	0g
Fat – Total	0g	0g
- Saturated		
Carbohydrate	0g	0g
- Sugars	0g	0g
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	Less than 5mg

**Mentos Blast Berry Lime 14pce (28g)**

	Ave Qty per Serve	Ave Qty per 100g
Energy	17.9 kJ	893 kJ
Protein	0g	0g
Fat – Total	0g	0g
- Saturated		
Carbohydrate	0g	0g
- Sugars	0g	0g
Glycerol	0.08g	4g
Maltitol	0.8g	40.5g
Mannitol	0.3g	15.5g
Sorbitol	0.17g	8.3 g
Xylitol	0.06g	2.8g
Dietary Fibre, total	0.04g	1.8g
Sodium	0mg	Less than 5mg

**Mentos Blast Sweet Strong Mint 28pce (56g)**

	Ave Qty per Serve	Ave Qty per 100g
Energy	18.4 kJ	920 kJ
Protein	0g	0g
Fat – Total	0g	0g
- Saturated	0g	0g
Carbohydrate	0g	0g
- Sugars	0g	0g
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

**Mentos Blast Sweet Strong Mint 14pce (28g)**

	Ave Qty per Serve	Ave Qty per 100g
Energy	18.9 kJ	945 kJ
Protein	0g	0g
Fat – Total	0g	0g
- Saturated	0g	0g
Carbohydrate	0g	0g
- Sugars	0g	0g
Glycerol	0.1g	5g
Maltitol	0.8g	40.8g
Mannitol	0.32g	16.2g
Sorbitol	0.17g	8.4g
Xylitol	0.09g	4.3g
Dietary Fibre, total	0.03g	1.5g
Sodium	0mg	Less than 5mg

**Mentos Blast Watermelon Grapefruit 14pce (26.6g)**

	Ave Qty per Serve	Ave Qty per 100g
Energy	18.6kJ	980 kJ
Protein	0.01g	0.6g
Fat – Total	Less than 0.01g	0.3g
- Saturated	Less than 0.01g	0.3g
Carbohydrate	0g	0g
- Sugars	0g	0g
Glycerol	0.09g	4.7g
Maltitol	1g	51.2g
Mannitol	0.07g	3.6g
Sorbitol	0.14g	7.3g
Xylitol	0.06g	3g
Dietary Fibre, total	0.04g	2.2g
Sodium	0mg	Lee than 5mg

**Mentos Blast Grape 28pce (56g)**

	Ave Qty per Serve	Ave Qty per 100g
Energy	20kJ	995 kJ
Protein	0.01g	0.7g
Fat – Total	Less than 0.01g	0.3g
- Saturated	Less than 0.01g	0.3g
Carbohydrate	0g	0g
- Sugars	0g	0g
Glycerol	0.1g	4.5g
Maltitol	1g	52g
Mannitol	0.07g	3.7g
Sorbitol	0.15g	7.7g
Xylitol	0.06g	2.8g
Dietary Fibre, total	0.05g	2.5g
Sodium	0mg	Lee than 5mg

**Mentos Blast Grape 14pce (28g)**

	Ave Qty per Serve	Ave Qty per 100g
Energy	20kJ	995 kJ
Protein	0.01g	0.7g
Fat – Total	Less than 0.01g	0.3g
- Saturated	Less than 0.01g	0.3g
Carbohydrate	0g	0g
- Sugars	0g	0g
Glycerol	0.1g	4.5g
Maltitol	1g	52g
Mannitol	0.07g	3.7g
Sorbitol	0.15g	7.7g
Xylitol	0.06g	2.8g
Dietary Fibre, total	0.05g	2.5g
Sodium	0mg	Less than 5mg

**Mentos Aqua Kiss Alaskan Peppermint 14pce (26g)**

	Ave Qty per Serve	Ave Qty per 100g
Energy	15.3kJ	825 kJ
Protein	0g	0g
Fat – Total	0g	0g
- Saturated	0g	0g
Carbohydrate	0g	0g
- Sugars	0g	0g
Glycerol	0.04g	2.3g
Erythritol	0.06g	3g
Sorbitol	0.51g	27.6g
Xylitol	0.5g	27.3g
Dietary Fibre, total	0.03g	1.6g
Sodium	0mg	Less than 5mg

**Mentos Aqua Kiss Pacific Spearmint 14pce (26g)**

	Ave Qty per Serve	Ave Qty per 100g
Energy	15.7kJ	850 kJ
Protein	0g	0g
Fat – Total	0g	0g
- Saturated	0g	0g
Carbohydrate	0g	0g
- Sugars	0g	0g
Glycerol	0.05g	2.9g
Erythritol	0.06g	3g
Sorbitol	0.52g	28.2g
Xylitol	0.52g	28.1g
Dietary Fibre, total	0.01g	0.7g
Sodium	0mg	Less than 5mg

**Mentos Aqua Kiss 3D Strawberry Green Apple Raspberry (29g)**

	Ave Qty per Serve	Ave Qty per 100g
Energy	15kJ	702kJ
Protein	0g	0g
Fat – Total	Less than 0.1g	Less than 0.1g
- Saturated	Less than 0.1g	Less than 0.1g
Carbohydrate	0g	0g
- Sugars	0g	0g
Sodium	0mg	Less than 5mg

**Mentos Aqua Kiss 3D Watermelon Pineapple Melon (29g)**

	Ave Qty per Serve	Ave Qty per 100g
Energy	14kJ	683kJ
Protein	0g	0.2g
Fat – Total	Less than 0.1g	Less than 0.1g
- Saturated	Less than 0.1g	Less than 0.1g
Carbohydrate	0g	0g
- Sugars	0g	0g
Sodium	0mg	Less than 5mg

**Mentos Aqua Kiss 3D Triple Fresh Mint (29g)**

	Ave Qty per Serve	Ave Qty per 100g
Energy	16kJ	767kJ
Protein	0g	0.3g
Fat – Total	Less than 0.1g	1.1g
- Saturated	Less than 0.1g	1g
Carbohydrate	0g	0g
- Sugars	0g	0g
Sodium	0mg	Less than 5mg