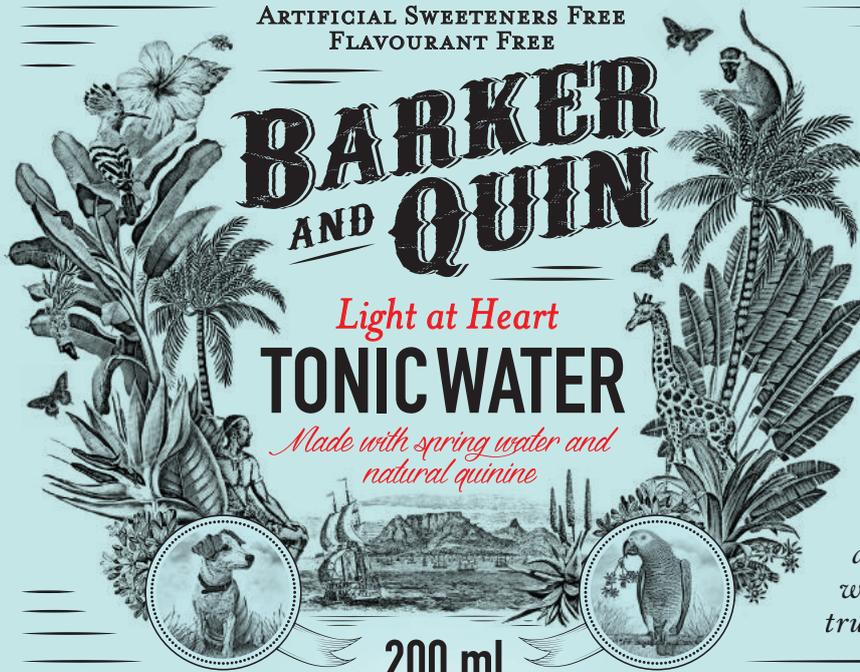


ARTIFICIAL SWEETENERS FREE
FLAVOURANT FREE



In 1827 the legendary John Ross set out on foot from Port Natal to Delagoa Bay to obtain medicines and other vital supplies for the stranded survivors of 'The Mary'. Although not officially recorded, two very special companions provided additional eyes and ears against the lurking dangers. Introducing Barker, the plucky fox terrier who understood the law of the jungle all too well, and the parrot Quin, a little wacky yet as wise and as true as the sky.

LOW IN CALORIES

Keeping up with the Barker & Quin tradition and quality, "Light at Heart" is an all natural product. Low in sugar and calories, mixed with mountain spring water. Enjoy a guilt free refreshment that will keep you light at heart for every festive occasion.

COLOUR

Crystal clear.

AROMA

Fresh and aromatic, with a hint of citrus zest.

FLAVOUR

A combination of citrus notes and spices that are well balanced by the natural quinine. The latter providing ample structure to support the flavours and effervescence.



INGREDIENTS
Carbonated Spring Water, Cane Sugar, Citric Acid, Malic Acid, Flavouring, Natural Quinine

SERVING SUGGESTION
Take a cold wine glass (or glass of choice). Add ice, the larger the cubes the better.

Add gin (50ml) and squeeze a lime wedge into the gin and drop it into the glass. Add ice cold Barker & Quin Light at Heart Indian tonic water and squeeze another lime wedge and drop it in the glass, stir briefly. Sit back and enjoy!



TYPICAL NUTRITIONAL INFORMATION

Average Values	Per 100ml	Per Single Serving of 200ml
Energy	46.8kJ	93.6kJ
Protein	0g	0g
Carbohydrates	2.4g	4.8g
Of which is total sugars	2.1g	4.2g
Fats	0g	0g
Of which saturated fat	0g	0g
Total Sodium	0.1mg	0.2mg

Typical Mineral Analysis	mg/ltr
Calcium	2.7
Magnesium	<0.5
Sodium	3.6
Potassium	1.5
Chlorine	50
SO ₄	5.4
CaCO ₃	13
Nitrogen	3.6
Flourine	<0.1
Iron	>0.1
Aluminium	>0.1
pH	6.2
Total dissolved solids	166

Nutritional information applies to product as packed. Obtained from calculation using reputable data sources.

BARCODE	
PER BOTTLE (200ml)	6009900415833
PER FOUR PACK (4 x 200ml)	6009900415840
PER CASE (24 x 200ml)	6009900415857

LET THE JOURNEY BEGIN

Produced by Two Green Lemons (PTY) Ltd, 176 Selago Street, Paarl, 7646, South Africa

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PRODUCT OF SOUTH AFRICA