

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,
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PRODUCT OF SOUTH AFRICA