

Food Products Product, Ingredient, and Allergen Information			
Date of last review:	January 2024	Version No.:	V2

John Lewis Stock Number	85301836
Product Name	BEEF RUB
Legal Name	EUROPE, BEEF RUB
Ingredients	INGREDIENTS: Salt, Sugar, Smoked paprika, Garlic Granules, Basil, Chilli powder, Black pepper, Silicon Dioxide.
For allergens, see ingredients in bold	
May contain statements	
Net Quantity	200 G
Country of Origin	UK MANUFACTURE
Protected Names (if applicable)	
Storage Instructions	STORE IN COOL DRY AMBIENT CONDITIONS
Manufacturer's Name and Address	Angus&oink, Aberdeen
Instructions For Use	USE AT APPROX 4% PER KG OF PROTEIN OR VEG
Product Shelf Life	36 months
Health Claims Please ensure that the health claim is approved for use in the UK.	There are no specific health claims.
Nutrition Claims Please ensure that the nutrition claim is approved for use in the UK	There are no specific nutrition claims.
Organic Please provide the organic body name and number and required agricultural statement of origin	There are no specific organic claims.

Nutrition Labelling: Typical value																																																																
Energy (kJ/kcal)	287kcal /1212kJ																																																															
Fat	3.6g																																																															
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Additional Information for the Nutrition Labelling Table (e.g. vitamins and minerals). You can manually add the table or use a snip from the artwork. Please see the below picture as an example.																																																																
<div><div><div><h3>Nutrition Information</h3><table><tr><th>Ingredients</th><th>Quantity per 1 Capsule</th><th>NRV*</th></tr><tr><td>Omega-3</td><td>300 mg</td><td></td></tr><tr><td>Of which EPA</td><td>160 mg</td><td></td></tr><tr><td>Of which DHA</td><td>100 mg</td><td></td></tr><tr><th>Ingredients</th><th>Quantity per 1 Tablet</th><th>NRV*</th></tr><tr><td>Vitamin D</td><td>25 µg</td><td>500</td></tr><tr><td>Vitamin C</td><td>90 mg</td><td>113</td></tr><tr><td>Vitamin B1</td><td>18 mg</td><td>1636</td></tr><tr><td>Vitamin B2</td><td>25 mg</td><td>1786</td></tr><tr><td>Vitamin B6</td><td>9 mg</td><td>643</td></tr><tr><td>Vitamin B12</td><td>25 µg</td><td>1000</td></tr><tr><td>Calcium</td><td>130 mg</td><td>16</td></tr><tr><td>Zinc</td><td>10 mg</td><td>100</td></tr></table><p>*NRV = Nutrient Reference Value</p></div><div><div><h3>NUTRITIONAL FACTS</h3><p>NÄRINGSFAKTA/NÄHRWERTANGABEN/ RAVINTOTEKIJÄT/FAITS NUTRITIONNELS</p><p>Serving Size - 5g Information per 100g</p><table><tr><th></th><th>Per 100g</th><th>% Daily Value</th></tr><tr><td>Energy Energie/Energie/Energiaa/Energi</td><td>287kcal(1212kJ)</td><td>14%</td></tr><tr><td>Total Fat Gesamtfett/Kokonaisrasva/Graisse Totale /Totalt Fett</td><td>3.6g</td><td>5%</td></tr><tr><td>Saturated Fat Gesättigte Fettsäuren/Tyydyttynyt rasva/ Gras Saturé/Mättat fett</td><td>0.5g</td><td>3%</td></tr><tr><td>Total Carbohydrate Gesamte kohlenhydrate/Hiilihydraatin kokonaismäärä/Glucides totaux/Totalt kolhydrater</td><td>55.4g</td><td>21%</td></tr><tr><td>Total Sugars Gesamtzucker/Sokerit yhteensä/Sucres totaux/Totalt socker</td><td>51.8g</td><td>58%</td></tr><tr><td>Protein Eiweiß/Proteiini/Protéine/Proteja</td><td>4.0g</td><td>8%</td></tr><tr><td>Salt Salz/Suola/Sel/Salt</td><td>21.8g</td><td>363%</td></tr></table><p>*Percentage Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.</p></div></div></div></div>		Ingredients	Quantity per 1 Capsule	NRV*	Omega-3	300 mg		Of which EPA	160 mg		Of which DHA	100 mg		Ingredients	Quantity per 1 Tablet	NRV*	Vitamin D	25 µg	500	Vitamin C	90 mg	113	Vitamin B1	18 mg	1636	Vitamin B2	25 mg	1786	Vitamin B6	9 mg	643	Vitamin B12	25 µg	1000	Calcium	130 mg	16	Zinc	10 mg	100		Per 100g	% Daily Value	Energy Energie/Energie/Energiaa/Energi	287kcal(1212kJ)	14%	Total Fat Gesamtfett/Kokonaisrasva/Graisse Totale /Totalt Fett	3.6g	5%	Saturated Fat Gesättigte Fettsäuren/Tyydyttynyt rasva/ Gras Saturé/Mättat fett	0.5g	3%	Total Carbohydrate Gesamte kohlenhydrate/Hiilihydraatin kokonaismäärä/Glucides totaux/Totalt kolhydrater	55.4g	21%	Total Sugars Gesamtzucker/Sokerit yhteensä/Sucres totaux/Totalt socker	51.8g	58%	Protein Eiweiß/Proteiini/Protéine/Proteja	4.0g	8%	Salt Salz/Suola/Sel/Salt	21.8g	363%
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Alcoholic Strength	NO
Suitable for vegetarians	YES
Suitable for vegans	YES
Suitable for nut allergy sufferers	YES
Suitable for gluten allergy sufferers	YES
Suitable to wheat allergy sufferers	YES
Suitable for egg allergy sufferers	YES
Suitable for dairy allergy sufferers	YES
Suitable for soya allergy sufferers	YES
Free from alcohol	YES
Free from artificial flavours	YES
Free from artificial colours	YES
If required, have you included the following statement on pack: "food supplements should not be used as a substitute for a varied diet."	
If required, please specify the dosage of the supplement	