



Ingredients and Allergy Information

Date of last review:	02/04/2026	Version No.:	V2
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John Lewis Stock Number	78493034
Name	Red & Green Poles
Ingredients	Sugar, glucose syrup*, WHEAT flour, water, corn starch*, acid (citric acid), humectant (glycerol), vegetable oils (palm, coconut), beef gelatine, acidity regulator (calcium citrates), flavourings, emulsifier (mono- and diglycerides of fatty acids), palm fat, colours (E129, E102, E133). *Contains genetically modified glucose syrup and corn starch. Warning: E129, E102 May have an adverse effect on activity
For allergens, including cereals containing gluten, see ingredients in bold	
May contain statements	May contain traces of nuts peanuts and soya
Net Quantity	200g e
Country of Origin	Brazil
Storage Instructions	Store in a cool, dry place away from direct sunlight.
Manufacturer's name and address	Sweet Me Keep Me Limited Kinetic Business Centre Theobald Street Hertfordshire WD6 4PJ
Instructions for use	
Nutrition Labelling: Typical value	
Energy (kJ/kcal)	1465kJ/350kcal
Fat	1g
Of which saturated	0.8g
Carbohydrate	83g
Of which sugars	56g
Fibre	0g
Protein	2.8g
Salt	0.58g
Alcoholic Strength	0

Suitable for vegetarians	No
Suitable for vegans	No
Suitable for nut allergy sufferers	No
Suitable for gluten allergy sufferers	No
Suitable to wheat allergy sufferers	No
Suitable for egg allergy sufferers	Yes
Suitable for dairy allergy sufferers	No
Suitable for soya allergy sufferers	No
Free from alcohol	Yes
Free from artificial flavours	No
Free from artificial colours	No