



## Ingredients and Allergy Information

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|----------------------|----------------|--------------|----|
| Date of last review: | [Publish Date] | Version No.: | V2 |
|----------------------|----------------|--------------|----|

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| John Lewis Stock Number | 77028010                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Name                    | Bird & Blend 40 Tea Bag Essential Collection                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Ingredients             | <p>Great British Cuppa: Indian Assam Black Tea, Sri Lankan Black Tea, Chinese Yunnan Tea</p> <p>Earl Grey Crème: Sri Lankan Black Tea, Cornflowers, Natural Flavouring</p> <p>Chocolate Digestives: Sri Lankan Black Tea, Cocoa Shells (12%), Fenugreek, Cocoa Nibs (8%), Liquorice, Natural Flavouring.</p> <p><b>WARNING - CONTAINS LIQUORICE</b> - People suffering from hypertension should avoid excessive consumption</p> <p>Strawberry Lemonade: Apple Pieces (32%), Elderberries (32%), Hibiscus Flowers, Blackberry Leaves, Rosehip, Lemon Peels (3%), Orange Peels (1%), Sunflower Petals, Strawberry Pieces (1%), Natural Flavouring, Lime Pieces (0.5%), Flavour</p> <p>Moondrop Dreams: Rooibos (57%), Apple Pieces, Rosehip, Lavender (6%), Lemon Peel (4%), Fermented Lemon Peel (3%), Orange Peel, Natural Flavouring</p> <p>Gingerbread Chai: Rooibos (54%), Ginger (19%), Cardamom Seeds (18%), Cinnamon (8%), Mallow Blossoms, Flavour, Natural Flavour</p> <p>Rhubarb &amp; Custard: Rooibos, Freeze-dried Rhubarb (1%), Calendula Petals, Flavouring</p> <p>MojiTEA: Peppermint, Lime Pieces, Green Tea, Lemongrass, Lime Leaves</p> <p>Dozy Girl: Lemon Verbena, Chamomile Blossoms (32%), Hibiscus Flowers, Rose Petals (9%), Lavender Blossoms (4%)</p> |

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|-----------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                               | Peppy Mint: Peppermint (97%), Cornflowers<br><br><b>ALLERGENS:</b><br>May contain NUTS. Packed in an environment that contains NUTS.<br>For allergens, see ingredients in capitals |
| For allergens, see ingredients in <b>bold</b> |                                                                                                                                                                                    |
| May contain statements                        | May contain NUTS. For allergens, see ingredients in capitals                                                                                                                       |
| Net Quantity                                  | 1 unit                                                                                                                                                                             |
| Country of Origin                             | UK                                                                                                                                                                                 |
| Storage Instructions                          | Store in cool dry place                                                                                                                                                            |
| Manufacturer's name and address               | Bird & Blend Tea Ltd.<br>Unit 3, Woods Way, Goring Business Park, Goring-by-Sea, Worthing BN12 4QY                                                                                 |
| Instructions for use                          |                                                                                                                                                                                    |
| <b>Nutrition Labelling: Typical value</b>     | Per Tea Bag                                                                                                                                                                        |
| Energy (kJ/kcal)                              | 0                                                                                                                                                                                  |
| Fat                                           | 0                                                                                                                                                                                  |
| Of which saturated                            | 0                                                                                                                                                                                  |
| Carbohydrate                                  | 0                                                                                                                                                                                  |
| Of which sugars                               | 0                                                                                                                                                                                  |
| Fibre                                         | 0                                                                                                                                                                                  |
| Protein                                       | 0                                                                                                                                                                                  |
| Salt                                          | 0                                                                                                                                                                                  |
| Alcoholic Strength                            | Alcohol free                                                                                                                                                                       |
| Suitable for vegetarians                      | Yes                                                                                                                                                                                |
| Suitable for vegans                           | Yes                                                                                                                                                                                |
| Suitable for nut allergy sufferers            | No – May Contain Nuts                                                                                                                                                              |
| Suitable for gluten allergy sufferers         | No present ingredients, not certified                                                                                                                                              |
| Suitable to wheat allergy sufferers           | N/A                                                                                                                                                                                |
| Suitable for egg allergy sufferers            | N/A                                                                                                                                                                                |
| Suitable for dairy allergy sufferers          | N/A                                                                                                                                                                                |
| Suitable for soya allergy sufferers           | N/A                                                                                                                                                                                |
| Free from alcohol                             | Yes                                                                                                                                                                                |
| Free from artificial flavours                 | Yes                                                                                                                                                                                |
| Free from artificial colours                  | Yes                                                                                                                                                                                |