



Ingredients and Allergy Information

Date of last review:	09/03/2026	Version No.:	VI
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John Lewis Stock Number	84569725
Name	SodaStream 7UP Free Sparkling Drink Mix
Ingredients	water, acid (citric acid), acidity regulator (sodium citrate), natural lemon and lime flavouring, sweeteners (sucralose, acesulfame K), preservative (sodium benzoate).
For allergens, see ingredients in bold	
May contain statements	N/A
Net Quantity	440ml
Country of Origin	Israel
Storage Instructions	Keep in a cool dry place. Refrigerate after opening.
Manufacturer's name and address	SodaStream. Ha'oman 18, Ashkelon, Israel
Instructions for use	<ol style="list-style-type: none"> 1. Fill Sodastream carbonating bottle with cold water to water line. 2. Carbonate cold water 3. Pour drink mix to the inner middle line of the measuring cap. Do not fill above this line. 4. Tilt carbonating bottle and add drink mix. Close cap and shake gently
Alcoholic Strength	0%
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

always fizz water before adding any flavour



Fill Sodastream® carbonating bottle with cold water to water line (840ml) & fizz. Add about 3 Tbsp of drink mix to dotted line (44.2ml).



How to make the perfect beverage

Always dilute before consuming

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sodastream
drink mix

makes about
9L*



up

ZERO SUGAR

440 ml e

250 ml
2 kJ
0.6 kcal
<1%^{**}

100 ml:
6 kJ / 1 kcal

Syrup for lemon and lime flavoured drink with sweeteners. **440 ml e**

Ingredients: water, acid (citric acid), acidity regulator (sodium citrate), natural lemon and lime flavouring, sweeteners (sucralose, acesulfame K), preservative (sodium benzoate).

Nutrition information -
Typical values when diluted according to instructions:

	100ml	250ml [†]	(% per 250ml ^{**})
Energy	2 kJ / 0.6 kcal	6 kJ / 1 kcal	<(1%)
Fat	0 g	0 g	(0%)
of which saturates	0 g	0 g	(0%)
Carbohydrate	0 g	0 g	(0%)
of which sugars	0 g	0 g	(0%)
Protein	0 g	0 g	(0%)
Salt	0.05 g	0.13 g	(2%)

^{**}Reference Intake of an average adult (8400 kJ/2000 kcal).
[†]250ml = 1 serving. This bottle contains around 35 servings.

*when prepared according to instructions.
Best Before: See on bottle neck.
Keep in a cool dry place. Refrigerate after opening. Shake before use.
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