



Nutrition Comparison and Data*



Great SWIRL taste beats the others cold.

	Pure Orange Juice	SWIRL® All Flavors	Gatorade® Orange	Snapple® Strawberry Kiwi	Coca Cola® Classic	Tropicana® Twister
% Fruit Juice	100%	100%	0	10%	0	10%
Calories	110	110	50	120	100	130
Fat	0	0	0	0	0	0
Saturated Fat	0	0	0	0	0	0
Cholesterol	0	0	0	0	0	0
Sodium	15mg	15 mg	110mg	10mg	35mg	20mg
Carbohydrates	27g	29g	14g	30g	27g	31g
Sugars	24g	24g	14g	28g	27g	28g
Vitamin A	0	30%	0	0	0	0
Vitamin D	0	30%	0	0	0	0
Vitamin C	100%	120%	0	0	0	100%
Calcium	2%	4%	0	0	0	0

* Based on an 8 oz. serving with the Recommended Daily Value of 2000 calories per 2007 data

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