Health Canada Santé Canada

ᓂᖅᑭᑦᑎᐊᕙᓕᕆᓂᖅ ᐊᑐᓪᓚᕆᖕᓂᖓᓗ

ᐃᑲᔫᑎᓕᒃ ᐃᓕᖕᓂᒃ ᑐᓴᐅᒪᒃᑲᓐᓂᕐᑯᓪᓗᑎᑦ ᓂᕿᑦᐊᕙᖕᓂᒃ

ᖃᐅᔨᒋᐊᒃᑲᓐᓂᕈᑎᒋᔪᓐᖅᑕᐃᑦ ᓂᖅᑭᑦᑎᐊᕙᓕᕆᓂᖅᓯᑦ ᐅᕙᓂ ᑎᑎᕋᖅᓯᒪᔪᓂ ᖃᓄᑎᒋ ᐃᓚᖃᐅᖅᑎᒋᖕᒪᖔᑦ ᓂᕿ. ᑖᓐᓇ ᐆᒃᑑᑎᒋᓗᒍ ᐊᑖᓃᑦᑐᖅ ᓂᕆᖃᑦᑕᕐᑕᖅᓄᑦ.

ᖃᐅᔨᒋᐊᒃᑲᓐᓂᕈᑎᒋᔪᓐᖅᑕᐃᑦ ᓂᖅᑭᑦᑎᐊᕙᓕᕆᓂᖅᓯᑦ ᐅᕙᓂ ᑎᑎᕋᖅᓯᒪᔪᓂ ᖃᓄᑎᒋ ᐃᓚᖃᐅᖅᑎᒋᖕᒪᖔᑦ ᓂᕿ. ᑖᓐᓇ ᐆᒃᑑᑎᒋᓗᒍ ᓂᕆᖃᑦᑕᕐᑕᖅᓄᑦ.

Nutrition Facts

Per 125 mL (87 g)

Amount		% Daily Value
Calories 80		
Fat 0.5 g		**1** %
Saturated 0 g + Trans 0 g		**0** %
Cholesterol 0 mg		
Sodium 0 mg		**0** %
Carbohydrate 18 g		**6** %
Fibre 2 g		**8** %
Sugars 2 g		
Protein 3 g		
Vitamin A	2 %	Vitamin C 10 %
Calcium	0 %	Iron 2 %

ᐊᑐᕈᕕᑦ %ᒥᒃ ᖃᐅᑕᒫᑦ ᓂᕆᕙᒃᑕᖅᓂ ᖃᐅᔨᒋᐊᖅᑐᑎᑦ ᓂᕆᔭᐃᑦ ᒥᑭᑦᑐᒥᒃ ᐊᖏᔪᒥᒃᓗᓕᑦ ᓂᖅᑭᑦᑎᐊᕙᓂᒃ ᐃᓚᖃᖅᑎᒋᖕᒪᖔᑦ.

ᓂᖅᑭᑦᑎᐊᕙᓕᕆᓂᐅᑉ ᒥᓵᓄᑦ ᖃᐅᔨᒋᐊᒃᑲᓐᓂᕈᑎᓂᒃ ᓂᕿᑦ ᐃᓚᒋᔭᖏᑦᑕ ᓇᓗᓇᐃᒃᑯᑕᖏᓐᓂᒃ ᖃᐅᔨᒪᓂᖅᓴᐅᖃᑦᑕᕐᓂᐊᖅᑐᑎᑦ ᐃᒪᓐᓇ:

ᓂᕿᑦ ᐊᔾᔨᒌᓐᖏᓐᖏᓐᓂᒃ ᖃᐅᔨᔪᓐᓇᕐᓂᖅᓴᐅᓕᖅᑐᑎᑦ

ᖃᐅᔨᒪᔪᓐᓇᓕᖅᑐᑎᑦ ᓂᕿᑦᑎᐊᕙᐃᑦ ᐱᒻᒪᕆᐅᖏᓐᓂᒃ

ᐊᐅᓚᑦᑎᔪᓐᓇᕐᓂᖅᓴᐅᓕᖅᑐᑎᑦ ᐋᕿᒃᑕᐅᓯᒪᔪᓂᒃ ᓂᕆᖃᑦᑕᕆᐊᖃᖅᑕᖅᓂᒃ

ᐊᖏᓪᓕᒋᐊᒃᑲᓐᓂᕈᓐᖅᑐᒍ ᒥᑭᓪᓕᒋᐊᒃᑲᓐᓂᕈᓐᖅᑐᒍᓗ ᓇᓕᐊᖕᓂᒃ ᓂᕆᓂᕆᔭᐃᑦ ᓂᕿᑦᑎᐊᕙᓂᒃ

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Canada

ᓂᖅᑭᑦᑎᐊᕙᓕᕆᓂᖅᒧᑦ ᑐᓴᒐᒃᓴᐃᑦ ᓂᕿᓂ ᑎᑎᕋᕆᔭᐅᕙᒃᑐᑦ

ᐊᑐᖅᓗᒋᑦ ᓂᖅᑭᑦᑎᐊᕙᓕᕆᓂᖅᒧᑦ ᓇᓗᓇᐃᔭᖅᓯᒪᔪᑦ, ᑎᑎᕋᖅᓯᒪᓂᖏᑦ ᓂᕿᑦ ᐃᓚᐅᖅᓯᒪᓂᕆᕙᒃᑕᖏᑦ ᐊᒻᒪᓗ ᓂᖅᑭᑦᑎᐊᕙᓕᕆᓂᖅᒧᑦ ᓇᓗᓇᐃᖅᓯᓯᒪᓂᖏᑦ ᐃᑲᔫᑎᖃᖅᑐᓂᒃ ᐃᓕᖕᓂᒃ ᑐᓴᐅᒪᒃᑲᓐᓂᑯᓪᓗᑎᑦ ᓂᕿᑦ ᒥᒃᓵᓄᑦ.

ᓂᕿᑦᑎᐊᕙᓕᕆᓂᖅᒧᑦ ᐃᒪᐃᓕᖕᒐᔪᑦ

ᒐᕙᒪᒃᑯᑦ ᒪᓕᒐᓕᐅᖅᓯᒪᔪᑦ ᐊᑐᖅᑕᐅᓪᓕᑦᑖᕆᐊᖃᖅᑐᓂᒃ ᐃᓕᔭᐅᓚᐅᖕᒋᖕᒋᖕᓂ ᓂᕿᑦᑎᐊᕙᓕᕆᓂᖅᒧᑦ ᐃᒪᐃᓕᖕᒐᔪᓂᒃ ᑎᑎᕋᓕᖅᓯᐃᓂᖅ ᐅᕙᓘᓐᓂᑦ ᑕᑯᒃᓴᕿᖅᑎᑕᐅᓚᐅᖕᒋᖕᒋᖕᓂ.

ᐅᖃᐅᓯᐅᓯᒪᔪᖅ ᑕᑯᒃᓴᕿᖅᑎᓪᓗᓂᔾᔪᒃ ᓂᕿᑦᑎᐊᕙᓕᕆᓂᐅᑉ ᑕᑯᒃᓴᐅᓂᖕᒐ ᓂᕿᑎᒍᑦ. ᐊᑏ ᑕᑯᒋᐊᖃᑦᑕᕆᑦ ᐅᑯᓂᖕᒐ ᑎᑎᕋᖅᓯᒪᔪᓂᒃ:

ᐊᑭᖃᖕᒋᑦᑐᖅ	ᒥᑭᓪᓕᒋᐊᖅᓯᒪᔪᖅ	ᐆᒥᖕᒐ ᐃᓚᓕᒃ
ᐊᑦᑎᒃᑐᖅ	ᒥᑭᒋᐊᑦᓚᖕᓂᖅᓴᖅ	ᐆᒥᖕᒐ ᐊᖏᔪᒥᒃ ᐃᓚᓕᒃ
ᒥᑭᖕᓂᖅᓴᖅ	ᖁᑦᑎᑐᒻᒪᕆᐊᓗᒃ	ᐱᐅᔪᒥᒃ ᐃᓚᓕᒃ
ᐊᖏᓂᖅᓴᖅ	ᐅᖅᓯᖃᓗᐊᖕᒋᑦᑐᖅ	ᐱᐅᔪᒻᒪᕆᐊᓗᒥᒃ ᐃᓚᓕᒃ

ᐅᑲᐅᓯᐅᓯᒪᖕᒥᔪᖅ ᐃᒪᐃᓕᖕᒐᔪᓂᒃ ᑖᒃᑯᐊ ᓂᕆᖃᑦᑕᕐᓂᖅ ᐊᒻᒪᓗ ᐊᖕᓂᐊᓗᓂᖅ ᐆᒃᑑᑎᒋᓗᒍ ᐃᒪᖕᓇ:

- ᓂᕿᑦᑎᐊᕙᓂᒃ ᓂᕆᖃᑦᑕᕐᓂᖅ ᐊᔾᔨᒌᖕᒋᑦᑐᓂᒃᓗ ᐱᕈᖅᑐᕝᓂᖅᓂᒃ ᐊᒻᒪᓗ ᓯᕐᓇᖅᑐᓂᒃ ᐱᕈᖅᑐᕝᓂᖅᓂᒃ ᐃᑲᔪᖅᑑᓕᖅᑎᔪᖅ ᐊᑦᑎᒃᓯᕙᓕᖅᑎᑦᑎᓗᓂᓗ ᐋᖕᓂᐊᒃᓴᐅᒐᔭᖅᑑᒐᓗᐊᒥᒃ.
- ᓂᕿᑦᑎᐊᕙᓂᒃ ᓂᕆᖃᑦᑕᕐᓂᖅ ᐃᓚᐅᖅᓯᒪᓗᐊᖕᒋᑦᑐᓂᒃ ᐊᒻᒪᓗ ᓯᖃᖅᓗᐊᖕᒋᑦᑐᓂᒃ ᐃᑲᔪᖅᑑᓕᖅᑎᔪᖅ ᐊᑦᑎᒃᓯᕙᓕᖅᑎᑦᑎᓗᓂᓗ ᐆᒃᓇᐊᒃᓴᐅᒐᔭᖅᑑᒐᓗᐊᒥᒃ.

ᐃᓚᐅᖅᓯᔾᔪᑎᐅᕙᒃᑐᓂᒃ ᑎᑎᕋᖅᑕᐅᓯᒪᔪᑦ

- ᐃᓚᐅᖅᓯᔾᔪᑕᐅᕙᒃᑐᑦ ᓂᕿᓄᑦ ᑎᑎᕋᖅᑕᐅᕙᒃᑐᑦ ᐅᕿᖕᒋᖕᓂᖕᒐᒍᑦ ᐅᕿᖕᒋᓛᒥᑦ ᐅᕿᓛᒧᑦ.
- ᐃᓚᐅᖅᓯᔾᔪᑕᐅᕙᒃᑐᑦ ᑎᑎᕋᖅᑕᐅᓯᒪᔪᑦ ᐃᑲᔪᕆᐊᖅᐸᓪᓕᕈᑎᐅᔪᖅ ᑐᓴᐅᒪᔾᔪᑎᐅᓗᓂ ᐃᓄᖕᓄᑦ ᐱᐅᔪᓐᓂᕈᑎᖃᔭᑦᑐᓄᑦ ᐅᕙᓘᓐᓂᑦ ᐃᓄᖕᓄᑦ ᓂᕆᑦᑕᐃᓕᒪᔭᖃᖅᐸᒃᑐᓄᑦ ᐃᓚᐅᖅᓯᒪᓂᕆᔭᖕᒋᖕᓄᑦ ᐅᒃᐱᕆᔭᑎᒃᑕᐅᖅ ᒪᓕᒃᓗᓂᔾᔪᒃ.

ᒪᓕᒃᓗᒋᑦ ᑲᓇᑕᒥ ᓂᕿᑦᑎᐊᕙᓕᕆᓂᖅᒧᑦ ᑎᒥᒧᑦᓗ ᐃᑲᔪᑎᖃᖅᑐᓂᒃ ᓂᕆᖃᑦᑕᕐᓂᖅ ᐊᒻᒪᓗ ᓂᕿᑦᑎᐊᕙᓕᕆᓂᐅᑉ ᐊᑐᖅᓴᕆᓂᖕᒐ ᐃᑲᔪᑎᖃᖅᓴᕆᖅᑐᖅ ᐃᓕᖕᓂᒃ ᓂᕿᑦᑎᐊᕙᓕᕆᓂᖅᒥᒃ ᓂᕈᐊᕆᔭᖃᑦᑎᐊᖅ.

ᓂᕆᑦᑎᐊᖃᑦᑕᕆᑦ, ᐃᓅᑦᑎᐊᖅᓗᑎᑦᓗ ᐊᒻᒪᓗ ᓇᖕᒥᖅ ᐅᐱᒋᑦᑎᐊᖅᓗᑎᑦ ᐃᓅᑦᑎᐊᖃᑦᑕᕆᑦ.

ᐃᓗᐃᑦᑑᔪᓂᒃ ᑐᕿᓯᒋᐊᒃᑲᓂᕈᒪᒍᕕᑦ ᓂᕿᑦᑎᐊᕙᓕᕆᓂᖅᒥᒃ ᐱᒻᒪᕆᐅᓂᖅᓴᓂᒃᓗ ᓂᕿ, ᑕᑯᒋᐊᖃᑦᑕᕆᑦ ᓂᕿᑦᑎᐊᕙᓕᕆᓂᖅᒧᑦ ᑎᑎᕋᖅᓯᒪᔪᓂᒃ.

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