Thompsons Food Service Ltd.
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Ovaltine Original - Add Water - Information

Instant low fat cocoa flavoured malted drink with sugars and sweetener. Made with the wholesome goodness of barley malt and cocoa, Ovaltine's unique recipe contains essential vitamins and minerals. Source of Iron, and Vitamins A, C, B6 & B12, which support the normal function of the immune system. Ovaltine light contains at least 30% less fat than standard malted drinks.

TFS Product Code: 030099
Suppliers Product Code:
Information Last Updated: 12/02/2025
Date Produced: 04/11/2026



Allergy Information

Key: Contains | May Contain

Sesame | Gluten | Crustaceans | Eggs | Lupin | Nuts

Milk | Celery | Sulphur Dioxide | Soya | Cereal | Peanuts

Fish | Molluscs | Mustard

Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	412.00
Energy (kJ)	1738.00
Protein (g)	12.00
Carb (g)	69.00
Of Which Sugars (g)	40.00
Fat (g)	9.50
Of Which Saturates (g)	6.80
Fibre (g)	2.90
Salt (g)	1.30

Dietary Information

Key: Suitable for

Kosher | Vegetarian | Halal | Vegan

Please Note: This information has been supplied by manufacturers and other third parties to Thompsons Food Service Ltd. Whilst we take steps to ensure the information is correct and regularly updated, we give no warranty and no guarantee to the accuracy of this information. Product information and ingredients may change; please always read product labels carefully in addition to this document for accuracy. Please also consider changes to ingredients when products have been substituted.

Registered Office: Nelsons Yard, South Denes Road, Great Yarmouth, NR30 3PR, England
Company No: 07107278 VAT No: GB 986 0801 93 Directors: E. Thompson, R. Thompson, T. Thompson

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Ingredients

Condensed skimmed MILK, BARLEY malt extract (46%), glucose syrup, vegetable oils (coconut, rapeseed), fat-reduced cocoa powder (6%), salt, minerals (dicalcium phosphate, calcium carbonate, magnesium carbonate, ferric pyrophosphate), stabilisers (E340, E452), MILK protein, vitamins (A, E, C, thiamin, riboflavin, niacin, B6, folic acid, B12, biotin, panthothenic acid), emulsifier (E471), sweetener (acesulfame K), anti-caking agent (E551). For allergens, see ingredients in BOLD.

Handling Information

Directions for Use

For best results put 4 teaspoons of Ovaltine in a mug and add hot water (200 ml). Enjoy as part of a balanced diet and healthy lifestyle.

Storage Instructions

Store in a cool, dry place.

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