

## Changes to Ribena

### Important changes for Healthcare professionals

It has been brought to our attention that Ribena Blackcurrant is sometimes used by people with diabetes to help manage their blood sugar levels. As part of their commitment to reduce the sugars and kcal content of their drinks, Lucozade Ribena Suntory (LRS) are reducing the sugar content of Ribena Blackcurrant (Ready To Drink and squash by approximately 55%). This follows on from outreach undertaken in 2017 to inform healthcare professionals of the sugars reduction to Lucozade Energy.

From February 2018, new Ribena Blackcurrant formulations will start appearing on shelves and for a time new and old formula may be present at the same time. **It is essential that consumers check the label.**

These changes may impact Healthcare professionals who:

- Give dietary advice to people with diabetes who currently drink Ribena Blackcurrant to manage their blood sugar levels;
- Give dietary advice to people with other metabolic conditions who may use Ribena Blackcurrant

All new Ribena Blackcurrant will now contain sugars naturally occurring from the juice, a reduced level of added sugar (sucrose), and the sweeteners Acesulfame K and Sucralose.

Healthcare professionals and their patients will need to check the nutritional information label located on the back of the pack. As an example, please see current and new product label for Ribena Blackcurrant squash below.

Current product label  
(Ribena Blackcurrant squash)

NUTRITION INFORMATION			
Typical values after dilution 1 part with 4 parts water			
	100ml	250ml	
Energy, kJ / kcal	183/43	458/108	
Carbohydrate, g	11	27	
of which sugars, g	10	26	
Salt, g	<0.01	0.01	
		%RI	%RI*
Vitamin C, mg	32	40	80 100
Contains negligible amounts of - Fat, Saturates and Protein.			
*Reference intake of an average adult (8400kJ/2000kcal)			

New product label  
(Ribena Blackcurrant squash)

NUTRITION INFORMATION			
Typical values after dilution 1 part with 4 parts water			
	100ml	250ml	
Energy, kJ / kcal	89/21	223/53	
Carbohydrate, g	4.7	11.9	
of which sugars, g	4.6	11.5	
Salt, g	0.06	0.15	
		%RI	%RI*
Vitamin C, mg	32	40	80 100
Contains negligible amounts of - Fat, Saturates and Protein.			
*Reference intake of an average adult (8400kJ/2000kcal)			

Ribena Blackcurrant Ready To Drink will also change from 10g sugars per 100ml to 4.6g sugars per 100ml.

As part of LRS's ongoing ambitious health and wellbeing plan to transform our drinks and business, all of our products have now changed or will be changing to reduced sugar

versions. For more information on the nutritional contents of specific LRS products please visit <https://www.lrsuntory.com/our-brands/> or contact our consumer care team on [hcp.enquiry@lrsuntory.com](mailto:hcp.enquiry@lrsuntory.com).