Survitec food rations provide a balanced diet for survival at sea. It has been approved worldwide for the use onboard lifeboats and liferafts. The high quality packaging comes with directions for use in 14 different languages.

**FEATURES**

- 5 YEARS SHELF LIFE
- 3 LAYER ALUMINIUM FOIL PACKAGING
- 10,300 KJ / 2,500 KCAL
- SOLAS APPROVED
Ordering Information

| Product Name               | Seven Ocean Food Rations |

INGREDIENTS:
Wheat flour, vegetable fat (palm), sugar vitamins C, B₁, B₆. May contain traces of milk and soy.

STORAGE:
Store below 30°C average, away from direct sunlight.

TECHNICAL DATA

<table>
<thead>
<tr>
<th>Unit</th>
<th>9 Servings per container</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size</td>
<td>1 bar (56 g)</td>
</tr>
<tr>
<td>Calories Per Serving</td>
<td>269 kcal</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>% Daily Value</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>11 g 15 %</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>7 g 36 %</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0 %</td>
</tr>
<tr>
<td>Sodium</td>
<td>0 %</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>36 g 13 %</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2 g 6 %</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>6 g</td>
</tr>
<tr>
<td>Added sugars</td>
<td>6 g 11 %</td>
</tr>
<tr>
<td>Protein</td>
<td>5 g</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>17 g 28 %</td>
</tr>
<tr>
<td>VITAMIN B₁</td>
<td>0.86 g 57 %</td>
</tr>
<tr>
<td>VITAMIN B₆</td>
<td>0.86 g 43 %</td>
</tr>
<tr>
<td>Calcium</td>
<td>7 mg 1 %</td>
</tr>
<tr>
<td>Iron</td>
<td>1 mg 3 %</td>
</tr>
<tr>
<td>Potassium</td>
<td>65 mg 2 %</td>
</tr>
</tbody>
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The Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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