

The information on the [Erudus System](#) has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provided by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions.

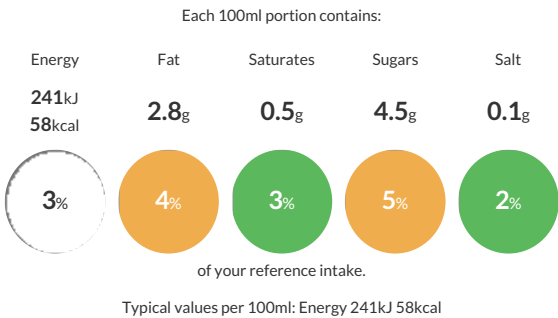
Rude Health Oat Barista 6 x 1L

Short Product Name:
Oat Barista

Oats so creamy.

Traded Unit GTIN: 05060120285874 Internal GTIN: 5060120285867 Supplier : Rude Health Suppliers Product Code: 857

Reference Intake



Nutritional Information

Typical Values	Per 100ml
Energy	241kJ 58kCal
Carbohydrates	6.9g
of which sugars	4.5g
Fat	2.8g
of which saturates	0.5g
Fibre	0.6g
Protein	0.9g
Salt	0.1g

Allergy Information

Key: Contains May Contain



Contains Cereal/Gluten



Does Not Contain Milk



Does Not Contain Eggs



Does Not Contain Peanuts



Does Not Contain Nuts



Does Not Contain Crustaceans



Does Not Contain Mustard



Does Not Contain Fish



Does Not Contain Lupin



Does Not Contain Sesame



Does Not Contain Celery



Does Not Contain Soya



Does Not Contain Molluscs



Does Not Contain Sulphur Dioxide

Gluten Claim
Gluten content is less than 20ppm.


Allergen Statement
Gluten Free.

Ingredients


Water, gluten free OATS (13%), sunflower oil, sea salt, stabiliser gellan gum

Dietary Information


Key: Suitable for




Suitable for Vegetarian




Suitable for Vegan



Suitable for Kosher



May not be suitable for Halal



Suitable for Coeliac