



FRESHWAYS
PRODUCT INFORMATION REPORT

PRODUCT CODE: 102439

BRANDING: Gymfuel

PRODUCT NAME: Protein packed Tuna

MARKETING DESCRIPTOR: Handmade with spring onion & sweetcorn on wholemeal bread!

LEGAL DESCRIPTOR: Tuna, mayonnaise, spring onion and sweetcorn on wholemeal bread.

UNIT DECLARED WEIGHT: 203g e

UNITS PER CASE: N/A

PRODUCED AT: Freshways Ltd., Poppintree, Finglas, Dublin 11.



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GENETIC MODIFICATION

Substance	Contained	Comments
Genetically Modified Material	No	

INGREDIENT DECLARATION

INGREDIENTS: Wholemeal Bread [Wholemeal **Wheat** Flour, Water, Yeast, Salt, Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Emulsifier (Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids), Dextrose, **Soya** Flour, Palm Fat, Rapeseed Oil, Flour Treatment Agent (Ascorbic Acid)], Tuna (30%) [Tuna (**Fish**), Water, Salt], Mayonnaise [Rapeseed Oil, Water, Pasteurised **Egg**, Spirit Vinegar, Pasteurised **Egg** Yolk, Sugar, Salt, Stabilisers (Guar Gum, Xanthan Gum), Dextrose, Concentrated Lemon Juice, Flavouring (contains **Mustard**), Colour (Paprika Extract)], Spring Onion, Sweetcorn, Reduced Fat Spread [Vegetable Oils (Rapeseed, Palm), Water, Salt, Whey Powder (**Milk**), Emulsifier (Mono- and Diglycerides of Fatty Acids), Preservative (Potassium Sorbate), Acidity Regulator (Citric Acid), Flavouring, Vitamin A, Colour (Carotenes), Vitamin D].

ALLERGY ADVICE

For allergens, including cereals containing gluten, see ingredients in **bold**.

SUITABLE FOR DETAILS

Suitable For	Yes / No	Comments
Ovo-lacto Vegetarians	No	
Vegans	No	

WARNING/CAUTION STATEMENTS

Although every care has been taken to remove bones, some may remain.

Author: Chelsea Yiu

Position: NPI Assistant

Issue No: 1

Date Created: 06.02.25



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NUTRITION/HEALTH CLAIMS

On Pack Nutrition/Health Claims	Can the claim be made
High Protein	Yes

DURABILITY DATA

DISPLAY UNTIL/USE BY (END OF): DDMMM

USE BY & STORAGE INSTRUCTIONS

USE BY: See front of pack.

STORAGE: Keep refrigerated <5°C. Not suitable for home freezing. Once opened, consume immediately.

NUTRITION INFORMATION

Typical Values	Per 100g	Per Pack (203g)	%RI** Per Pack
Energy	911kJ/217kcal	1846 kJ /440kcal	22%
Fat	8.2	17	24%
of which saturates	1.1	2.2	11%
Carbohydrate	22	44	
of which sugars	2.3	4.7	5%
Fibre	2.8	5.7	
Protein	13	26	
Salt	0.96	1.9	32%

This pack contains 1 serving.

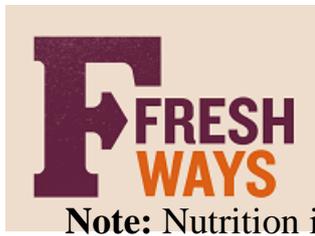
*Reference intake of an average adult (8400kJ/2000kcal).

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Note: Nutrition information rounded as per EU rounding guidelines.

ADDITIONAL INFORMATION

No artificial flavours or colours.

*Gym Fuel – High Protein – Targeted Nutrition. Protein contributes to growth and the maintenance of muscle mass. Enjoy as part of a varied, balanced diet and a healthy lifestyle.

BARCODE

5391526157213

PACKAGING

Primary

Gymfuel Pre-Printed Cardboard Skillet