



Information on Bolero, sugar free fruit drink

The sugar free fruit drink patients received in hospital is called Bolero.

Bolero is a fruit drink, which comes in a powder sachet to mix with either 2 litres or 500mls of water. It is available in 26 flavours and is totally sugar free and contains no preservatives and artificial colourings.

Bolero can be ordered directly from the company www.bolerodrinks.com, telephone 0208 123 5458.

The 26 flavours of Bolero are:

1. Almond
2. Apple
3. Berry Blend (with Cranberry)
4. Blueberry
5. Cherry
6. Cola
7. Exotic (Mango, Banana, Kiwi)
8. Forest Fruits
9. Ginger
10. Guava
11. Lemon
12. Mandarin
13. Mango
14. Tropical Fruits (multi vitamin)
15. Orange
16. Peach
17. Pear
18. Pineapple
19. Pomegranate
20. Raspberry
21. Strawberry
22. Watermelon
23. White Grape
24. Ice Tea Lemon
25. Ice Tea Passion Fruit
26. Ice Tea Peach



This leaflet was produced as part of the F⁴ campaign, Focus on Food and Fluid First at CDDFT, by the Nutrition and Hydration Improvement Team.

Please note County Durham and Darlington NHS Foundation Trust does not formally endorse this company

