



Emergency ration, Seven Ocean

Material no.: 1000315

Food rations for use in liferafts, lifeboats and (semi-) inflatable rescue boats. Each box contains 9 bars of 55,6 g.

Ingredients: Wheat flour, vegetable soya fat, glucose, malt, vitamins C, B1, B6.
Seven Oceans Ration contains no animal fat or meat.

Nutrient contents per 100 g According to SOLAS Regulation 38.5.1.18 and 41.8.12 Part C.:

Carbohydrates: 60-70%

Protein (Nx6.25): 6-10%

Fat: 18-23%

Salt: (NaCl) Maximum 0,2 %

Humidity: Maximum 7 %

Energy: Approx. 2060 kJ/500 kcal per 100 g

Protein (energy %) 5 - 8

Fat (energy %) 33-43

Carbohydrates (energy %) 50-60

Minerals (typical values) per 100 g:

Sodium (mg) 15

Vitamins (added) per 100 g:

Vitamin C (mg) 30

Vitamin B1 (mg) 1.54

Vitamin B6 (mg) 1.54

Carbohydrates (typical values):

Mono- and disaccharide(g) 20.0

Polysaccharides (g) 43.3

Lactose (g) < 0.1

Fibre (g) < 5.0

Bacteriological analysis:

Standard plate count < 10,000/g

Yeast and mould count < 1000/g

Coliform count < 10/g

Salmonella negative in 25 g

Packing:

Seven Oceans Ration is compressed into tablets of approx. 27.8 g. Each package of SOS (500 g net) contains 18 tablets packed in 9 bars with grease-proof paper. The 9 bars are packed under vacuum in air-



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m in air- and water-tight alu-foil. This unit is protected by a water-repellent cardboard box.

Carton: 24 units of 500 g
12 kg net / 13.2 kg gross / 0.017 m³

Pallet: 55 cartons / 1320 units
660 kg net / 726 kg gross / 1.25 m³ (shrink-wrapped on request)

Shelf life: Five years unconditionally from the date of production marked on the packaging.

Approval: SOLAS/LSA Code



NUTRITION FACTS

Serving size: 1 bar (55.6g)
Servings per unit (500g): 9
Calories from Fat 110 per serving: 278

	% Daily value
TOTAL FAT 12g	18%
SATURATED FAT 3g	14%
CHOLESTEROL 0mg	0%
SODIUM 3mg	17%
TOTAL CARBOHYDRATE 36g	13%
DISTILLER DRIER 3g	
SUGAR 8g	
PROTEIN 4g	8%

VITAMIN A

VITAMIN C

CALCIUM

IRON

VITAMIN B1

VITAMIN B6

0%
28%
1%
19%
57%
43%

* Percent daily values are based on a 2,000 calorie diet

INGREDIENTS

Wheat flour, vegetable soya fat, glucose, malt, vitamins C, B1, B6