



Provender Drink Range Product Catalogue

Phone: 1800 121 222

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Please note products are subject to availability



Cira ALoe Vera Mango

Drinks Range

Size: 500ml

Sugar per serve: 12g

Protein per serve: 0g

Energy per serve: 251kj

Beat the mundane and stay cool on the go. Tamed by the soft and tropical flavors, Cira Aloe Mango is fit for those looking to hydrate while in full stride. Stay hydrated while enjoying the crisp clean mango flavor compounded with Aloe Vera pulp.



Cira ALoe Vera Original

Drinks Range

Size: 500ml

Sugar per serve: 12g

Protein per serve: 0g

Energy per serve: 251kj

Pure, powerful, and soothing, Cira Aloe Original delivers an authentic delight. Equipped with body-boosting vitamins and minerals extracted from Aloe Vera juice and pulp, Cira Aloe Original provides a natural hydrating drinking experience.



Coke - Diet Coke

Drinks Range

Size: 375ml

Sugar per serve: 0g

Protein per serve: 0.19g

Energy per serve: 7.1kj

Diet Coca-Cola caffeine free is a deliciously light, sugar-free and no-calorie soft drink without the caffeine. It delivers a distinct, unique and lighter taste to Coca-Cola Classic.



Coke Classic

Drinks Range

Size: 600ml

Sugar per serve: 27g

Protein per serve: 0g

Energy per serve: 450kj

Nothing beats the taste of Coca-Cola Classic. It's the perfect companion whether you're on the go, relaxing at home, enjoying with friends or as a drink with your meal.



Coke Classic

Drinks Range

Size: 375ml
Sugar per serve: 40g
Protein per serve: 0g
Energy per serve: 675kJ

Nothing beats the taste of Coca-Cola Classic. It's the perfect companion whether you're on the go, relaxing at home, enjoying with friends or as a drink with your meal.



Coke No Sugar

Drinks Range

Size: 600ml
Sugar per serve: 0g
Protein per serve: 0.3g
Energy per serve: 8.4kJ

Coca-Cola No Sugar is a sparkling soft drink and a great new choice for those who want the classic taste of Coke without the sugar.



Coke No Sugar

Drinks Range

Size: 375ml
Sugar per serve: 0g
Protein per serve: 0.19g
Energy per serve: 5.3kJ

Coca-Cola No Sugar is a sparkling soft drink and a great new choice for those who want the classic taste of Coke without the sugar.



Coke Vanilla

Drinks Range

Size: 375ml
Sugar per serve: 40.9g
Protein per serve: 0g
Energy per serve: 693.8kJ

All the refreshing taste of Coca-Cola Classic soft drink with a sweet hint of vanilla makes Vanilla Coke No Sugar a unique and delicious twist on the world's favourite soft drink.



Cool Ridge Sparkling Water

Drinks Range

Size: 500ml

Sugar per serve: 0g

Protein per serve: 0g

Energy per serve: 0kJ

Cool Ridge Lightly Sparkling Water that is all natural, no sugar, low calorie, pristine spring water.



Cool Ridge Sparkling Water with Berry

Drinks Range

Size: 500ml

Sugar per serve: 0g

Protein per serve: 0g

Energy per serve: 0kJ

Cool Ridge Lightly Sparkling Water comes in natural berry flavor that is all natural, no sugar, low calorie, pristine spring water.



Cool Ridge Sparkling Water with Lime

Drinks Range

Size: 500ml

Sugar per serve: 0g

Protein per serve: 0g

Energy per serve: 0kJ

Cool Ridge Lightly Sparkling Water comes in natural citrus flavor that is all natural, no sugar, low calorie, pristine spring water.



Cool Ridge Spring Water

Drinks Range

Size: 350ml

Sugar per serve: 0g

Protein per serve: 0g

Energy per serve: 0kJ

Cool Ridge Spring Water comes in a 350ml PET bottle that is sourced from quality Australian mineral springs.



Cool Ridge Spring Water

Drinks Range

Size: 600ml
Sugar per serve: 0g
Protein per serve: 0g
Energy per serve: 0kJ

Cool Ridge Spring Water comes in a 600ml PET bottle that is sourced from quality Australian mineral springs.



Deep Spring - Orange & Passionfruit Sparkling

Drinks Range

Size: 375ml
Sugar per serve: 26g
Protein per serve: 0g
Energy per serve: 490kJ

Deep Spring is a perfect fusion of Australian sparkling natural mineral water with a splash of organic fruit juice and natural vivid flavour.



Dr Pepper

Drinks Range

Size: 355ml
Sugar per serve: 40g
Protein per serve: 0g
Energy per serve: 401kJ

A signature blend of 23 flavors makes every sip of Dr Pepper truly unique.



Frucor "V" Energy Drink

Drinks Range

Size: 500ml
Sugar per serve: 53g
Protein per serve: 1g
Energy per serve: 977kJ

Step into our world of V, where there's a stack of things to do, and endless ways to do them. With a mix of B Vitamins, caffeine and guarana - get a gobful of the green stuff and start something extraordinary.



Frucor "V" Energy Drink

Drinks Range

Size: 250ml

Sugar per serve: 26.5g

Protein per serve: 0.7g

Energy per serve: 488kJ

Step into our world of V, where there's a stack of things to do, and endless ways to do them. With a mix of B Vitamins, caffeine and guarana - get a gobful of the green stuff and start something extraordinary.



Frucor "V" Energy Drink Blue

Drinks Range

Size: 250ml

Sugar per serve: 33g

Protein per serve: 0g

Energy per serve: 618kJ

Blue can be a type of berry, a bird, a movie, or a state of mind. In this case, it's the colour of our cans... and a mysterious flavour.



Frucor "V" Energy Drink Sugar Free

Drinks Range

Size: 250ml

Sugar per serve: 0g

Protein per serve: 0.7g

Energy per serve: 34kJ

Step into our world of V, where there's a stack of things to do, and endless ways to do them. With a mix of B Vitamins, caffeine and guarana - get a gobful of the green stuff and start something extraordinary.



Gatorade Blue Bolt

Drinks Range

Size: 600ml

Sugar per serve:

Protein per serve: 0g

Energy per serve:

Performance range scientifically formulated to help replace what you lose when you sweat. Fluids and electrolytes to promote complete hydration. Carbohydrates to refuel working muscles.



Gatorade Lemon Lime

Drinks Range

Size: 600ml

Sugar per serve:

Protein per serve: 0g

Energy per serve:

The no.1 sports drink on the planet scientifically formulated to help replace what you lose when you sweat.



Gatorade Orange Ice

Drinks Range

Size: 600ml

Sugar per serve:

Protein per serve: 0g

Energy per serve:

The no.1 sports drink on the planet scientifically formulated to help replace what you lose when you sweat.



Gatorade Tropical

Drinks Range

Size: 600ml

Sugar per serve:

Protein per serve: 0g

Energy per serve:

The no.1 sports drink on the planet scientifically formulated to help replace what you lose when you sweat.



Glee Blackcurrant Burst

Drinks Range

Size: 250ml

Sugar per serve: 26.8g

Protein per serve: <1g

Energy per serve: 468kJ

Sparkling Fruit Juice (99% Fruit Juice). Contains natural ingredients.



Glee Rockin Raspberry

Drinks Range

Size: 250ml

Sugar per serve: 26.8g

Protein per serve: <1g

Energy per serve: 468kJ

Sparkling Fruit Juice (99% Fruit Juice). Contains natural ingredients.



Glee Tropical Treat

Drinks Range

Size: 250ml

Sugar per serve: 26.8g

Protein per serve: <1g

Energy per serve: 468kJ

Sparkling Fruit Juice (99% Fruit Juice). Contains natural ingredients.



Kirks Creaming Soda

Drinks Range

Size: 375ml

Sugar per serve: 38.3g

Protein per serve: 0g

Energy per serve: 660kJ

Kirks Creaming Soda ain't just any creaming soda, this is Kirks with no artificial colours and flavours.



Kirks Creaming Soda Zero Sugar

Drinks Range

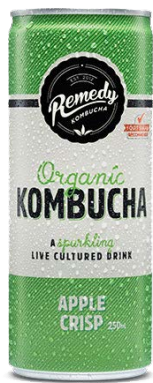
Size: 375ml

Sugar per serve: 0g

Protein per serve: 0.2g

Energy per serve: 9.2kJ

Kirks Sugar-Free Creaming Soda is a flavoured soft drink, made in Australia with no sugar, no artificial colours and flavours.



Kombucha Apple Crisp

Drinks Range

Size: 250ml

Sugar per serve: 0g

Protein per serve: 0.8g

Energy per serve: 73kj

If you love apple juice or cider but want to skip the sugar and/or booze bloat, Apple Crisp should float your boat. Fresh and fruity, subtly sweet and delightfully dry. Tart and crisp.



Kombucha Cherry Plum

Drinks Range

Size: 250ml

Sugar per serve: 0g

Protein per serve: 0.8g

Energy per serve: 73kj

Red cherries + Kakadu plum. A taste bud tango. Ripe for the drinking. Forget the cherry on top, Remedy Kombucha have packed the flavour of a whole punnet of them inside.



Kombucha Ginger & Berry

Drinks Range

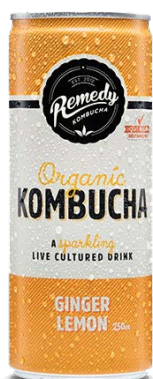
Size: 250ml

Sugar per serve: 0g

Protein per serve: 0.8g

Energy per serve: 73kj

A touch spicy. Delightfully luscious. Berry tempting.



Kombucha Ginger & Lemon

Drinks Range

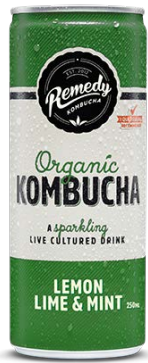
Size: 250ml

Sugar per serve: 0g

Protein per serve: 0.8g

Energy per serve: 73kj

Familiar yet new; a classic with a twist; a no-sugar (naturally), guilt-free take on ginger beer. Hot and sour, fiery and tangy. The perfect tummy-tamer.



Kombucha Lemon, Lime & Mint

Drinks Range

Size: 250ml
Sugar per serve: 0g
Protein per serve: 0.8g
Energy per serve: 73kJ

Old fashioned tangy goodness with a fresh twist. A citrus circus. Consider your thirst quenched.

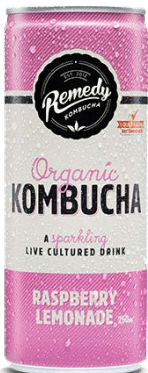


Kombucha Peach

Drinks Range

Size: 250ml
Sugar per serve: 0g
Protein per serve: 0.8g
Energy per serve: 73kJ

Delicately luscious, fizzy and refreshing, this kombucha concoction pairs the real taste of ripe peach with just the right balance of sweet and sour.



Kombucha Raspberry & Lemonade

Drinks Range

Size: 250ml
Sugar per serve: 0g
Protein per serve: 0.8g
Energy per serve: 73kJ

A grown-up, guilt-free take on a childhood classic. No sugar. No nasties. Just lip-smacking gut-loving goodness in a bottle.



Mount Franklin Water

Drinks Range

Size: 600ml
Sugar per serve: 0g
Protein per serve: 0g
Energy per serve: 0kJ

A light mineral water sourced from Australia's very own natural springs. Mount Franklin has earned its well-deserved reputation for both its quality and its fresh, natural taste.



Nippy's - Iced Honeycomb

Drinks Range

Size:

Sugar per serve: 7.2g

Protein per serve: 2.7g

Energy per serve: 243kJ



Nippys Iced Chocolate

Drinks Range

Size: 500ml

Sugar per serve: 40g

Protein per serve: 15g

Energy per serve: 1335kJ

Reduced fat and gluten free.



Nippys Iced Coffee

Drinks Range

Size: 500ml

Sugar per serve: 39g

Protein per serve: 14.5g

Energy per serve: 1255kJ

Reduced fat and gluten free.



Nippys Iced Strawberry

Drinks Range

Size: 500ml

Sugar per serve: 39.5g

Protein per serve: 14g

Energy per serve: 1230kJ

Reduced fat and gluten free.



Pepsi Max Vanilla

Drinks Range

Size: 375ml

Sugar per serve: 0g

Protein per serve: 0.2g

Energy per serve: 11kJ

The sugar-free version of Pepsi can now be purchased with a hint of vanilla



Raw C - Coconut Water Straight Up

Drinks Range

Size: 325ml

Sugar per serve: 13g

Protein per serve: <1g

Energy per serve: 322KJ

Coconut Water by Raw C is pure hydration, keeps potassium levels up, healthy vitamins and minerals, and with a great PH balance.



Raw C - Sparkling Blueberry & Pomegranate Coconut Water

Drinks Range

Size: 400ml

Sugar per serve: 18.4g

Protein per serve: <1g

Energy per serve: 396kJ

Packed with essential electrolytes, rich in potassium, low in calories and full of antioxidants.



Raw C - Sparkling Coconut Water Straight Up

Drinks Range

Size: 400ml

Sugar per serve: 18g

Protein per serve: <1g

Energy per serve: 384kJ

Packed with essential electrolytes, rich in potassium, low in calories and full of antioxidants.



Raw C - Sparkling Mango Coconut Water

Drinks Range

Size: 400ml
Sugar per serve: 18.4g
Protein per serve: <1g
Energy per serve: 396kJ

Packed with essential electrolytes, rich in potassium, low in calories and full of antioxidants.



Raw C - Sparkling Watermelon & Lime Coconut Water

Drinks Range

Size: 400ml
Sugar per serve: 18.4g
Protein per serve: <1g
Energy per serve: 392kJ

Packed with essential electrolytes, rich in potassium, low in calories and full of antioxidants.



Real Iced Tea - Green Citrus

Drinks Range

Size: 500ml
Sugar per serve: 32.5g
Protein per serve: <1g
Energy per serve: 555kJ

Naturally brewed tea
Refreshing citrus flavour
Easy to drink



Real Iced Tea - Lemon

Drinks Range

Size: 500ml
Sugar per serve: 32.5g
Protein per serve: <1g
Energy per serve: 555kJ

An easy to drink iced tea which is the perfect blend of citrus and real tea brewed from real tea leaves.



Real Iced Tea - Mango

Drinks Range

Size: 500ml

Sugar per serve: 34g

Protein per serve: <1g

Energy per serve: 620kJ

An easy to drink iced tea which is the perfect blend of citrus and real tea brewed from real tea leaves.



Real Iced Tea - Peach

Drinks Range

Size: 500ml

Sugar per serve: 34g

Protein per serve: <1g

Energy per serve: 635kJ

An easy to drink iced tea which is the perfect blend of citrus and real tea brewed from real tea leaves.



Red Bull

Drinks Range

Size: 250ml

Sugar per serve: 27g

Protein per serve: 0g

Energy per serve: 485kJ

Red Bull Energy Drink is a carbonated taurine drink.



Red Bull Sugar Free

Drinks Range

Size: 250ml

Sugar per serve: 0g

Protein per serve: 0g

Energy per serve: 33kJ

Red Bull Sugarfree is Red Bull Energy Drink, but sugar-free.



Ribena

Drinks Range

Size: 250ml

Sugar per serve: 25.8g

Protein per serve: <1g

Energy per serve: 445kJ

Ribena contains real fruit juice, no artificial colours, no artificial flavours and is rich in Vitamin C.



Schweppes Lemonade

Drinks Range

Size: 375ml

Sugar per serve: 40.5g

Protein per serve: 0g

Energy per serve: 701kJ

Schweppes Lemonade is natural lemon flavor.



Schweppes Lemonade Zero Sugar

Drinks Range

Size: 375ml

Sugar per serve: 0g

Protein per serve: 0g

Energy per serve: 21kJ

A bespoke combination of lemon and lime oils, blended perfectly at four degrees Celsius to create a crisp, clean taste, without the calories.



Schweppes Mineral Water Lemon Lime

Drinks Range

Size: 375ml

Sugar per serve: 42g

Protein per serve: 0g

Energy per serve: 728kJ

Water sourced from the finest Australia springs and add 5% real, zesty Lemon and Lime juices to create this mineral water. No added artificial colours or flavours – so you can enjoy it without the guilt.



Schweppes Mineral Water Orange Mango

Drinks Range

Size: 375ml
Sugar per serve: 25.9g
Protein per serve: 0g
Energy per serve: 458kJ

Water sourced from the finest Australia springs with natural colours and flavours; naturally sweetened; 50% less sugar so you can enjoy it without the guilt.



Schweppes Mountain Dew

Drinks Range

Size: 375ml
Sugar per serve: 46g
Protein per serve: 0g
Energy per serve: 737kJ

Mountain Dew energised.



Schweppes Passionata

Drinks Range

Size: 375ml
Sugar per serve: 41g
Protein per serve: 0
Energy per serve: 705kJ

Developed initially as a cordial syrup to reduce an oversupply of passionfruit pulp, this drink was carbonated in 1920 to make an instant classic, passionfruit flavoured soda drink, Passion.



Schweppes Pepsi

Drinks Range

Size: 375ml
Sugar per serve: 40.9g
Protein per serve: 0g
Energy per serve: 694kJ

Pepsi is one of the best-known, most-loved soft drinks in the world. Bold Refreshing Robust classic cola



Schweppes Pepsi

Drinks Range

Size: 600ml

Sugar per serve: 44.5g

Protein per serve: 0g

Energy per serve: 712kJ

Pepsi Cola is one of the most recognisable and loved brands in Australia and around the world.



Schweppes Pepsi Max

Drinks Range

Size: 375ml

Sugar per serve: 0g

Protein per serve: 0.2g

Energy per serve: 6kJ

Pepsi Max is a great tasting cola without sugar – Maximum taste, no sugar.



Schweppes Pepsi Max

Drinks Range

Size: 600ml

Sugar per serve: 0g

Protein per serve: 0.6g

Energy per serve: 10.46kJ

Pepsi Max maximum taste no sugar.



Schweppes Pepsi Max Raspberry

Drinks Range

Size: 375ml

Sugar per serve: 0g

Protein per serve: 0.2g

Energy per serve: 11kJ

This product will delight consumers who seek out no sugar alternatives. The soft drinks giant created a new fruity flavour, minus the sugar.



Schweppes Solo

Drinks Range

Size: 600ml

Sugar per serve: 69g

Protein per serve: 0.3g

Energy per serve: 1200kj

Solo Original Lemon contains 5% crushed lemons and no artificial colours and flavours.



Schweppes Solo

Drinks Range

Size: 375ml

Sugar per serve: 43.1g

Protein per serve: 0.2g

Energy per serve: 750kj

Solo Original Lemon Fridge-friendly contains no artificial colours and flavours.



Schweppes Solo Zero Sugar

Drinks Range

Size: 375ml

Sugar per serve: 0g

Protein per serve: 0g

Energy per serve: 26kj

The Solo you love, now without the sugar.



Schweppes Sunkist

Drinks Range

Size: 375ml

Sugar per serve: 44.3g

Protein per serve: 0g

Energy per serve: 758kj

Sunkist contains no artificial colours or flavours.



Schweppes Traditional Raspberry

Drinks Range

Size: 375ml
Sugar per serve: 42.4g
Protein per serve: 0g
Energy per serve: 731kJ

Schweppes Traditional Raspberry offers a rich taste experience. The fruity flavour and tangy effervescence deliver a ripe raspberry hit that's sure to set the taste buds tingling.



Spring Valley Apple

Drinks Range

Size: 350ml
Sugar per serve: 43g
Protein per serve: 0g
Energy per serve: 732kJ

Spring Valley contains no artificial colours, no artificial flavours and no preservatives, and is the ideal accompaniment to lunch.



Spring Valley Orange

Drinks Range

Size: 350ml
Sugar per serve: 31g
Protein per serve: 2.5g
Energy per serve: 619kJ

Spring Valley contains no artificial colours, no artificial flavours and no preservatives, and is the ideal accompaniment to lunch.



Supa Essentials - Apple

Drinks Range

Size: 350ml
Sugar per serve: 30.6g
Protein per serve: <1g
Energy per serve: 727kJ

Each 350mL bottle contains the equivalent of at least 2.5 serves of fruit and 25% of your daily requirement of vitamin C and fibre.



Supa Essentials - Berry Oxidant

Drinks Range

Size: 350ml
Sugar per serve: 30.5g
Protein per serve: <1g
Energy per serve: 737kJ

Each 350mL bottle contains the equivalent of at least 2.5 serves of fruit and 25% of your daily requirement of vitamin C and fibre.



Supa Essentials - Coco Power

Drinks Range

Size: 350ml
Sugar per serve: 27.6g
Protein per serve: <1g
Energy per serve: 696kJ

Each 350mL bottle contains the equivalent of at least 2.5 serves of fruit and 25% of your daily requirement of vitamin C and fibre.



Supa Essentials - Green Recharge

Drinks Range

Size: 350ml
Sugar per serve: 29.8g
Protein per serve: <1g
Energy per serve: 721kJ

Each 350mL bottle contains the equivalent of at least 2.5 serves of fruit and 25% of your daily requirement of vitamin C and fibre.



Supa Essentials - Mango Magic

Drinks Range

Size: 350ml
Sugar per serve: 25.3g
Protein per serve: 1.3g
Energy per serve: 645kJ

Each 350mL bottle contains the equivalent of at least 2.5 serves of fruit and 25% of your daily requirement of vitamin C and fibre.



Supa Essentials - Orange

Drinks Range

Size: 350ml

Sugar per serve: 24.6g

Protein per serve: 1.3g

Energy per serve: 613kJ

Each 350mL bottle contains the equivalent of at least 2.5 serves of fruit and 25% of your daily requirement of Vitamin C and Fibre.



Sweetcraft Aloe Vera

Drinks Range

Size: 500ml

Sugar per serve: 22g

Protein per serve: 0g

Energy per serve: 385kJ

GreenTime's line of aloe vera infused drinks is made from juice and inner pulp straight from the aloe vera leaf. Refreshing, natural and nutritious.



Thai Coco Pure Coconut Water

Drinks Range

Size:

Sugar per serve:

Protein per serve:

Energy per serve:

Organic coconut water.



Up & Go Banana Flavour

Drinks Range

Size: 250ml

Sugar per serve: 15.8g

Protein per serve: 8.3g

Energy per serve: 823kJ

Drink UP&GO™ for the right type of energy! With a low GI, protein and fibre, you'll have the right type of energy to make the most of every moment that comes your way.



Up & Go Choc Ice

Drinks Range

Size: 500ml
Sugar per serve: 31.7g
Protein per serve: 16.5g
Energy per serve: 1630kJ

Sanitarium's UP&GO™ liquid breakfast has the protein, energy and fibre of 4 Weet-Bix and a cup of milk in every 500ml serve.



Up & Go Choc Ice

Drinks Range

Size: 250ml
Sugar per serve: 15.8g
Protein per serve: 8.2g
Energy per serve: 815kJ

Drink UP&GO™ for the right type of energy! With a low GI, protein and fibre, you'll have the right type of energy to make the most of every moment that comes your way.



Up & Go Energize Choc

Drinks Range

Size: 250ml
Sugar per serve: 15.8g
Protein per serve: 8.3g
Energy per serve: 815kJ

Drink UP&GO™ for the right type of energy! With a low GI, protein and fibre, you'll have the right type of energy to make the most of every moment that comes your way.



Up & Go Energize Choc

Drinks Range

Size: 500ml
Sugar per serve: 40g
Protein per serve: 33.5g
Energy per serve: 1730kJ

Sanitarium's UP&GO™ liquid breakfast has the protein, energy and fibre of 4 Weet-Bix and a cup of milk in every 500ml serve.



Up & Go Strawberry

Drinks Range

Size: 250ml

Sugar per serve: 15.8g

Protein per serve: 8.4g

Energy per serve: 815kJ

Drink UP&GO™ for the right type of energy! With a low GI, protein and fibre, you'll have the right type of energy to make the most of every moment that comes your way.



Up & Go Strawberry

Drinks Range

Size: 500ml

Sugar per serve: 31.6g

Protein per serve: 16.7g

Energy per serve: 1640kJ

Sanitarium's UP&GO™ liquid breakfast has the protein, energy and fibre of 4 Weet-Bix and a cup of milk in every 500ml serve.



Up & Go Vanilla Ice

Drinks Range

Size: 250ml

Sugar per serve: 15.8g

Protein per serve: 8.3g

Energy per serve: 815kJ

Drink UP&GO™ for the right type of energy! With a low GI, protein and fibre, you'll have the right type of energy to make the most of every moment that comes your way.



Up & Go Vanilla Ice

Drinks Range


Size: 500ml

Sugar per serve: 31.6g

Protein per serve: 16.7g

Energy per serve: 1630kJ

Sanitarium's UP&GO liquid breakfast has the protein, energy and fibre of 4 Weet-Bix and a cup of milk* in every 500ml serve

The background image shows two glasses of lemonade with ice, lemons, and herbs on a wooden table. A semi-transparent circle is overlaid in the center, containing the text.

Don't see a product
you like?

Ask us for it!