

CHECKMATE

CEREAL

**Over 20% daily value
of fiber in one bowl**

**Contains 30g protein
Per Serving**

Naturally low fat

0g trans fat per serving

Very low sodium

Naturally cholesterol free

Excellent source of fiber

Quality Guarantee

**Your purchase refunded or
replaced if you are not satis-
fied. "Best If Used By" date and
proof of purchase required. We
invite your questions and com-
ments 1-800-227-2643 5am -
6pm (Mountain Standard Time)
Weekdays.**



