

Over 20% daily value of fiber in one bowl

Contains 30g protein
Per Serving

Naturally low fat

Og 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 satisfied. "Best If Used By" date and proof of purchase required. We invite your questions and comments 1-800-227-2643 5am - 6pm (Mountain Standard Time) Weekdays.





Calories from Fat 10

Serving Size 1 Cup (55g) Serving Per Container 12

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Calories 210

_	%Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0g	
Cholesterol 10mg	3%
Sodium 10mg	0%
Potassium 180mg	5 %
Total Carbohydrate 45	g 15 %
Dietary Fiber 6g	24%
Sugars 11g	
Protein 30g	
Vitamin A 2% •	Vitamin C 6%
Calcium 2%	Iron 2%

Odicidin 270		11011 2 /0
Vitamin D 0%	•	Thiamin 10%
Riboflavin 4%	•	Niacin 15%

Vitamin B6 8% Vitamin B12 2%

Folate 4% Magnesium 10%

Copper 10%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or

lower depending on your calorie needs:							
	Calories:	2,000	2,500				
Total Fat	Less than	65g	80g				
Sat Fat	Less than	20g	25g				
Cholesterol	Less than	300mg	300mg				
Sodium	Less than	2,400mg	2,400mg				
Total Carb		300g	375g				
Dietary Fiber		25g	30g				

