



Cinnamon Crunchy O's Cereal

Naturally Flavored

78025

Nutrition Facts	
Serving Size 1 packet (30 g)	
Servings Per Container 7	
Amount Per Serving	
Calories 100	Calories from Fat 10
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Potassium 430mg	12%
Total Carbohydrate 15g	5%
Dietary Fiber 4g	16%
Sugars 2g	
Protein 11g	20%
Vitamin A 20%	• Vitamin C 20%
Calcium 20%	• Iron 20%
Vitamin D 50%	• Vitamin E 20%
Vitamin K 20%	• Thiamin 20%
Riboflavin 20%	• Niacin 20%
Vitamin B6 20%	• Folate 20%
Vitamin B12 20%	• Biotin 20%
Pantothenic Acid 20%	• Phosphorus 20%
Iodine 20%	• Magnesium 20%
Zinc 20%	• Selenium 20%
Copper 20%	• Manganese 20%
Chromium 20%	• Molybdenum 20%
*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
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500 mg 3,500 mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Protein	50g 65g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients: Soy protein isolate, corn flour, tapioca starch, pea fiber, sugar, sunflower lecithin, sunflower oil, natural flavors, stevia extract, salt, monk fruit extract, probiotic (organic inulin, Bacillus coagulans GBI-30 6086).

Vitamins & Minerals: Calcium phosphate, dipotassium phosphate, magnesium oxide, ascorbic acid (vitamin C), potassium chloride, vitamin E acetate, vitamin A palmitate, thiamine mononitrate (vitamin B1), biotin, niacinamide (vitamin B3), zinc oxide, reduced iron, calcium pantothenate (pantothenic acid), cholecalciferol (vitamin D3), phylloquinone (vitamin K), manganese sulfate, copper sulfate, pyridoxine (vitamin B6), riboflavin (vitamin B2), potassium iodide, sodium selenite, cyanocobalamin (vitamin B12), chromium chloride, folic acid, sodium molybdate.

CONTAINS: SOY

Product information may change over time. Therefore, the ingredient label on the package is always the best source for that specific item.