



OPTAVIA.

Red Berry Crunchy O's Cereal

Naturally Flavored

78065

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 120mg 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, stevia extract, salt, probiotic (organic inulin, Bacillus coagulans GBI-30 6086), natural flavor, malic acid, natural color (red cabbage extract, purple carrot juice), citric acid.

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.

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