



OPTAVIA®

# Old Fashioned Maple & Brown Sugar Oatmeal

Naturally Flavored

77930

## Nutrition Facts

Serving Size 1 packet (32.5 g)  
Servings Per Container 7

### Amount Per Serving

Calories 110      Calories from Fat 10

%Daily Value\*

Total Fat 1.5g      2%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 160mg      7%

Potassium 370mg      11%

Total Carbohydrate 15g      5%

Dietary Fiber 4g      16%

Sugars 1g

Protein 11g      22%

Vitamin A 20%      • Vitamin C 20%

Calcium 35%      • Iron 25%

Vitamin D 50%      • Vitamin E 20%

Vitamin K 20%      • Thiamin 25%

Riboflavin 20%      • Niacin 20%

Vitamin B6 20%      • Folate 20%

Vitamin B12 20%      • Biotin 20%

Pantothenic Acid 20%      • Phosphorus 30%

Iodine 20%      • Magnesium 25%

Zinc 20%      • Selenium 25%

Copper 25%      • Manganese 50%

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:** Rolled oats, soy protein isolate, oat fiber, brown sugar, maltodextrin, soy lecithin, silicon dioxide, salt, modified food starch, natural flavors, monk fruit extract, stevia extract, inulin, molasses, Bacillus coagulans GBI-30 6086.

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

**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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