OPTAVIA

Orchard Apple & Cinnamon Spiced Oatmeal

Naturally Flavored 77935

Nutrition Facts

Serving Size 1 packet (32 g)
Servings Per Container 7

Amount Per Serving	
Calories 110	Calories from Fat 15
	% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Potassium 350mg	**10%**
Total Carbohydrate 15g	**5%**
Dietary Fiber 4g	**16%**
Sugars 2g	
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 25%	• Niacin 20%
Vitamin B6 25%	• 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, apple, silicon dioxide, cinnamon, soy lecithin, maltodextrin, stevia extract, salt, dextrose, Bacillus coagulans GBI-30 6086, monk fruit extract, inulin, natural flavors, vanilla extract, modified corn starch.

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.