



OPTAVIA

Wild Blueberry Almond Hot Cereal

(with Chia Seeds from Bolivia and Supergrains)

68350

Nutrition Facts

Serving Size 1 packet (33g)

Servings Per Container 7

Amount Per Serving

Calories 110 Calories from Fat 20

% Daily Value*

Total Fat 2g **3%**

 Saturated Fat 0g **0%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 130mg **5%**

Potassium 400mg **11%**

Total Carbohydrate 15g **5%**

 Dietary Fiber 4g **16%**

 Sugars 2g

Protein 11g **22%**

Vitamin A 20% • Vitamin C 20%

Calcium 20% • Iron 30%

Vitamin D 20% • 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 30%

Zinc 25% • Selenium 30%

Copper 20% • Manganese 35%

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, whey protein isolate, organic quinoa*, pea protein isolate, chia seeds, chicory root inulin, almonds, wild blueberries, maltodextrin, sugar, honey, sea salt, sunflower lecithin, evaporated cane juice, gum arabic, stevia extract, nonfat milk, natural flavor, sour cream (culture cream, nonfat milk), modified food starch, bacillus coagulans GBI-30 6086.

Vitamins and Minerals: Potassium chloride, potassium phosphate, calcium phosphate, magnesium oxide, vitamin E acetate, ascorbic acid (vitamin C), ferrous sulfate (iron), zinc sulfate, biotin, vitamin A palmitate, potassium iodide, niacinamide (vitamin B3), chromium chloride, calcium pantothenate (vitamin B5), phytonadione (vitamin K1), sodium molybdate, sodium selenite, cyanocobalamin (vitamin B12), manganese sulfate, copper sulfate, folic acid, cholecalciferol (vitamin D3), thiamin mononitrate (vitamin B1), pyridoxine hydrochloride, riboflavin (vitamin B2).

*11% organic ingredients

CONTAINS: MILK AND ALMONDS.

MAY CONTAIN: WHEAT AND SOY.

the ingredient label on the package is always the best source for that specific item.

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