

 **360 MG OMEGA-3**

 **3G FIBER**

 **NOTHING ARTIFICIAL**

 **GLUTEN FREE**

 **NON-GMO**

 **KOSHER**

 **VEGAN**

 **BPA-FREE POUCH**

Nutrition Facts	
Serving Size 1 pouch (120g)	
Amount Per Serving	
Calories 90	Calories from Fat 10
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Potassium 80mg	2%
Total Carbohydrate 19g	6%
Dietary Fiber 3g	12%
Sugars 10g	
Protein 2g	
Vitamin A 0%	Vitamin C 10%
Calcium 2%	Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS

Oatmeal (Water, Gluten Free Oats), Apple, Apple Juice Concentrate, Ground Flax, Quinoa, Natural Apple Flavor, Cinnamon, Citric Acid, Ascorbic Acid (Vitamin C).