

-  **550 MG OMEGA-3**
-  **4G FIBER**
-  **NOTHING ARTIFICIAL**
-  **GLUTEN FREE**
-  **NON-GMO**
-  **KOSHER**
-  **VEGAN**
-  **BPA-FREE POUCH**
-  **100% WHOLE GRAIN**

## Nutrition Facts

Serving Size 1 pouch (120g)

Amount Per Serving

**Calories** 100      Calories from Fat 16

% Daily Value\*

**Total Fat** 2g      **3%**

Saturated Fat 0g      **1%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 5mg      **0%**

**Potassium** 150mg      **4%**

**Total Carbohydrate** 22g      **8%**

Dietary Fiber 4g      **16%**

Sugars 12g

**Protein** 2g

Vitamin A 0%      Vitamin C 10%

Calcium 2%      Iron 4%

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

## INGREDIENTS

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