

# Nutrition Facts

Serving size 1 Bottle (296 mL)

Amount per serving

**Calories** **170**

% Daily Value\*

**Total Fat** 3g **4%**

Saturated Fat 2g **10%**

*Trans* Fat 0g

**Cholesterol** 20mg **7%**

**Sodium** 120mg **5%**

**Total Carbohydrate** 14g **5%**

Dietary Fiber <1g **4%**

Total Sugars 11g

Incl. 0g Added Sugars **0%**

**Protein** 20g **40%**

Vit. D 0mcg 0% • Calcium 320mg 25%

Iron 0.3mg 0% • Potas. 420mg 8%

Vit. B12 2.1mcg 90%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients:** Oat blend (water, whole grain oats), rapeseed oil, contains 2% or less of: sea salt, calcium carbonate, gellan gum, tricalcium phosphate, dipotassium phosphate.