

Nutrition Facts

8 servings per container

Serving size: ~1 oz (~28g)

(makes ~8 fl oz of beverage)

Amount Per Serving

Calories 140

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 0g **0%**

Sodium 180mg **8%**

Total Carbohydrate 14g **5%**

Dietary Fiber 3g **11%**

Total Sugars 4g

Includes 3g Added Sugars **6%**

Protein 3g

Calcium 20mg 0% • Iron 0 mg 0%

Potassium 75mg 0%

Not a significant source of Trans Fat,
Cholesterol, & vitamin D

*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: Milled Oats, Sunflower Oil, Himalayan Salt.