



**HIGH IN PROTEIN**

**NO ARTIFICIAL COLOURS OR FLAVOURS**

**GMO FREE**

**SOURCE OF FIBRE**



**GMO FREE**

**NATURAL COLOURS & FLAVOURS**



**40g CEREAL CUPS**

**4 VARIANTS AVAILABLE**



### Nutrition Facts

Serving per pack: Approx 7  
Serving Size: 40g

| Nutritional Information per 100g | *RI%        |
|----------------------------------|-------------|
| <b>Energy</b>                    | 1658kJ 20%  |
|                                  | 392kcal 20% |
| <b>Total Fat</b>                 | 3.5g 5%     |
| of which <b>Saturates</b>        | 0.8g 4%     |
| <b>Carbohydrates</b>             | 81g 31%     |
| of which <b>Sugar</b>            | 34.6g 38%   |
| <b>Fibre</b>                     | 4g 14%      |
| <b>Protein</b>                   | 9.8g 20%    |
| <b>Salt</b>                      | 0.3g 5%     |
| <b>Vitamins &amp; Minerals</b>   |             |
| Vitamin C                        | 40mg 67%    |
| Thiamin (B1)                     | 0.55mg 39%  |
| Riboflavin (B2)                  | 0.7mg 44%   |
| Niacin (B3)                      | 8mg 44%     |
| Vitamin B6                       | 0.7mg 35%   |
| Folic Acid (B9)                  | 100µg 50%   |
| Biotin                           | 25µg 17%    |
| Pantothenic Acid                 | 3mg 50%     |
| Vitamin B12                      | 1.25µg 125% |
| Vitamin E                        | 6mg 60%     |

**S'mores Cereal Mix (Honey Coated Cereal Squares and Chocolate Flavoured Cereal Balls) with Crunchy Marshmallows, Fortified with Vitamins**  
**Ingredients:** Cornmeal (58%), Sugar, Whole Wheat Flour, Wheat Flour, Marshmallows (10%) (Glucose Fructose Syrup, Sugar, Gelatine (Beef), Corn Starch, Water, Dextrose, Natural Vanilla Flavouring), Glucose Fructose Syrup, Dextrose, Reduced Cocoa Powder, Honey, Rapeseed Oil, **Oat Flour**, Milk Chocolate (1%) (Sugar, Whole Milk Powder, Cocoa Butter, Cocoa Mass, **Whey** (Milk) Powder, Emulsifier: **Soya** Lecithin, Vanilla Extract), Emulsifier: **Soya** Lecithin, Dark Sugar Syrup, Salt, Flavourings, Vitamins & Mineral Mix (Vitamin C (L-Ascorbic Acid), Vitamin B1 (Thiamin Mononitrate), Vitamin B2 (Riboflavin), Niacin, Vitamin B6 (Pyridoxine Hydrochloride), Folic Acid, Biotin, Pantothenic Acid, Vitamin B12 (Cyanocobalamin), Vitamin E)

**Allergen Information:**  
 This Product Contains **Gluten** (From Oats & Wheat), **Soya** and **Milk** Products. May Contain Traces of **Nuts**. For Allergens, see ingredients in **bold**.



### Nutrition Facts

Serving per pack: Approx 8  
Serving Size: 40g

| Nutritional Information per 100g | *RI%        |
|----------------------------------|-------------|
| <b>Energy</b>                    | 1756kJ 21%  |
|                                  | 419kcal 21% |
| <b>Total Fat</b>                 | 11.2g 16%   |
| of which <b>Saturates</b>        | 1.5g 8%     |
| <b>Carbohydrates</b>             | 67g 26%     |
| of which <b>Sugar</b>            | 29g 32%     |
| <b>Fibre</b>                     | 3g 12%      |
| <b>Protein</b>                   | 11g 22%     |
| <b>Salt</b>                      | 0.4g 7%     |
| <b>Vitamins &amp; Minerals</b>   |             |
| Vitamin C                        | 40mg 67%    |
| Thiamin (B1)                     | 0.55mg 39%  |
| Riboflavin (B2)                  | 0.7mg 44%   |
| Niacin (B3)                      | 8mg 44%     |
| Vitamin B6                       | 0.7mg 35%   |
| Folic Acid (B9)                  | 100µg 50%   |
| Biotin                           | 25µg 17%    |
| Pantothenic Acid                 | 3mg 50%     |
| Vitamin B12                      | 1.25µg 125% |
| Vitamin E                        | 6mg 60%     |

**Peanut Butter Paste Coated Corn Puffs**  
**Ingredients:** Cornmeal (50%), Peanut Butter Paste (25%) (Peanuts (78.5%), Sugar, Reduced Fat Cocoa Powder (1.5%), Dextrose, Sugar, Cocoa Powder, Salt, Flavour, Vitamins & Mineral Mix (Vitamin C (L-Ascorbic Acid), Vitamin B1 (Thiamin Mononitrate), Vitamin B2 (Riboflavin), Niacin, Vitamin B6 (Pyridoxine Hydrochloride), Folic Acid, Biotin, Pantothenic Acid, Vitamin B12 (Cyanocobalamin), Vitamin E).

**Allergen Information:**  
 May Contain Traces of **Gluten**, **Milk**, **Soya** and **Nuts** Products. For Allergens, see ingredients in **bold**.



### Nutrition Facts

Serving per pack: Approx 7  
Serving Size: 40g

| Nutritional Information per 100g | *RI%        |
|----------------------------------|-------------|
| <b>Energy</b>                    | 1600kJ 19%  |
|                                  | 378kcal 19% |
| <b>Total Fat</b>                 | 2.3g 2%     |
| of which <b>Saturates</b>        | 0.5g 3%     |
| <b>Carbohydrates</b>             | 80g 31%     |
| of which <b>Sugar</b>            | 36g 40%     |
| <b>Fibre</b>                     | 4g 16%      |
| <b>Protein</b>                   | 10g 20%     |
| <b>Salt</b>                      | 0.7g 12%    |
| <b>Vitamins &amp; Minerals</b>   |             |
| Vitamin C                        | 40mg 67%    |
| Thiamin (B1)                     | 0.55mg 39%  |
| Riboflavin (B2)                  | 0.7mg 44%   |
| Niacin (B3)                      | 8mg 44%     |
| Vitamin B6                       | 0.7mg 35%   |
| Folic Acid (B9)                  | 100µg 50%   |
| Biotin                           | 25µg 17%    |
| Pantothenic Acid                 | 3mg 50%     |
| Vitamin B12                      | 1.25µg 125% |
| Vitamin E                        | 6mg 60%     |

**Sugar Frosted Corn and Oat Hoops Cereal with Crunchy Marshmallows, Fortified with Vitamins**  
**Ingredients:** Cornmeal (45%), Sugar, Oats Flour (13%), Marshmallows (10%) (Glucose Fructose Syrup, Sugar, Gelatine (Beef), Corn Starch, Water, Dextrose, Natural Vanilla Flavourings), Rice Flour (5%), Reduced Fat Cocoa Powder (4%), Glucose Fructose Syrup, Salt, Rapeseed Oil, Flavourings, Vitamins & Mineral Mix (Vitamin C (L-Ascorbic Acid), Vitamin B1 (Thiamin Mononitrate), Vitamin B2 (Riboflavin), Niacin, Vitamin B6 (Pyridoxine Hydrochloride), Folic Acid, Biotin, Pantothenic Acid, Vitamin B12 (Cyanocobalamin), Vitamin E).

**Allergen Information:**  
 This Product Contains **Gluten** (From Oats). May Contain Traces of Other **Gluten**, **Milk**, **Soya** and **Nuts** Products. For Allergens, see ingredients in **bold**.



### Nutritional Information

Serving per pack: Approx 9  
30g Serving

| Nutritional Information per 100g | *RI%        |
|----------------------------------|-------------|
| <b>Energy</b>                    | 1567kJ 19%  |
|                                  | 379kcal 19% |
| <b>Total Fat</b>                 | 2.9g 4%     |
| of which <b>Saturates</b>        | 0.4g 2%     |
| <b>Carbohydrates</b>             | 77g 30%     |
| of which <b>Sugar</b>            | 31g 34%     |
| <b>Fibre</b>                     | 6g 24%      |
| <b>Protein</b>                   | 8g 16%      |
| <b>Salt</b>                      | 0.5g 8%     |
| <b>Vitamins &amp; Minerals</b>   |             |
| Vitamin C                        | 40mg 67%    |
| Thiamin (B1)                     | 0.55mg 39%  |
| Riboflavin (B2)                  | 0.7mg 44%   |
| Niacin (B3)                      | 8mg 44%     |
| Vitamin B6                       | 0.7mg 35%   |
| Folic Acid (B9)                  | 100µg 50%   |
| Biotin                           | 25µg 17%    |
| Pantothenic Acid                 | 3mg 50%     |
| Vitamin B12                      | 1.25µg 125% |
| Vitamin E                        | 6mg 60%     |

**Sugar Frosted Multi Grain Star Shaped Cereal with Marshmallows, fortified with Vitamins & Minerals**  
**Ingredients:** Whole Wheat Flour (36.3%), Sugar, Oat flour (26.4%), **Wheat Starch**, Marshmallows (7 %) (Glucose-Fructose Syrup, Sugar, Gelatin(Pork), Maize Starch, Water, Natural Flavouring, Colours: Curcumin, Beetroot Red; Invert Sugar Syrup, Rapeseed oil, Salt, Flavouring, Vitamins & Mineral Mix [Vitamin C (L-Ascorbic Acid), Vitamin B1 (Thiamin Mononitrate), Vitamin B2 (Riboflavin), Niacin, Vitamin B6 (Pyridoxine Hydrochloride), Folic Acid, Biotin, Pantothenic Acid, Vitamin B12 (Cyanocobalamin), Vitamin E].

**Allergen Advice:**  
 For Allergens, including cereals containing **Gluten**, see ingredients in **bold**. May contain traces of other **Gluten**, **Milk**, **Soya** and **Nuts**.



### Nutritional Information

Serving per pack: Approx 7  
40g Serving

| Nutritional Information per 100g | *RI%        |
|----------------------------------|-------------|
| <b>Energy</b>                    | 1600kJ 19%  |
|                                  | 378kcal 19% |
| <b>Total Fat</b>                 | 1.9g 3%     |
| of which <b>Saturates</b>        | 0.3g 2%     |
| <b>Carbohydrates</b>             | 82.0g 32%   |
| of which <b>Sugar</b>            | 25.0g 28%   |
| <b>Fibre</b>                     | 3.0g 12%    |
| <b>Protein</b>                   | 7.0g 15%    |
| <b>Salt</b>                      | 0.5g 6%     |
| <b>Vitamins &amp; Minerals</b>   |             |
| Vitamin C                        | 40.0mg 67%  |
| Thiamin (B1)                     | 0.55mg 39%  |
| Riboflavin (B2)                  | 0.7mg 44%   |
| Niacin (B3)                      | 8.0mg 44%   |
| Vitamin B6                       | 0.7mg 35%   |
| Folic Acid (B9)                  | 100µg 50%   |
| Biotin                           | 25µg 17%    |
| Pantothenic Acid                 | 3.0mg 50%   |
| Vitamin B12                      | 1.25µg 125% |
| Vitamin E                        | 6.0mg 60%   |

**Sugar Frosted Corn and Oat Hoops Rings Cereal with Banana Flavour**  
**Ingredients:** Corn Meal (58%), Sugar (22%), Oat flour (16%), Glucose-Fructose Syrup, Salt, Natural Colour: Curcumin, Salt, Natural Banana Flavouring, Vitamins & Mineral Mix (Vitamin C (L-Ascorbic Acid), Vitamin B1 (Thiamin Mononitrate), Vitamin B2 (Riboflavin), Niacin, Vitamin B6 (Pyridoxine Hydrochloride), Folic Acid, Biotin, Pantothenic Acid, Vitamin B12 (Cyanocobalamin), Vitamin E).

**Allergen Information:**  
 This Product Contains **Gluten** (From Oats). May Contain Traces of Other **Gluten**, **Milk**, **Soya**, **Peanuts** and **Tree Nuts**. For Allergen Information, see ingredients in **bold**.



|                  | Cereal Box | Cups |
|------------------|------------|------|
| Units per Case   | 14         | 8    |
| Cases per Pallet | 48         | 232  |

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