



**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 1

Serving Size: 40g

Nutritional Information per 100g	*R1%
Energy	1658kJ
	392kcal
Total Fat	3.5g
of which Saturates	0.8g
Carbohydrates	81g
of which Sugar	34.6g
Fibre	4g
Protein	9.8g
Salt	0.3g
Vitamins & Minerals	
Vitamin C	40mg
Thiamin (B1)	0.55mg
Riboflavin (B2)	0.7mg
Niacin (B3)	8mg
Vitamin B6	0.7mg
Folic Acid (B9)	100µg
Biothoin	25µg
Pantothenic Acid	3mg
Vitamin B12	1.25µg
Vitamin E	6mg

S'mores Cereal Mix (Honey Coated Cereal Squares and Chocolate Flavoured Cereal Balls) with Crunchy Marshmallows, Fortified with Vitamins
Ingredients: Cornmeal (38%), 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, Biothoin, 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 1

Serving Size: 40g

Nutritional Information per 100g	*R1%
Energy	1756kJ
	419kcal
Total Fat	11.2g
of which Saturates	1.5g
Carbohydrates	67g
of which Sugar	29g
Fibre	3g
Protein	11g
Salt	0.4g
Vitamins & Minerals	
Vitamin C	40mg
Thiamin (B1)	0.55mg
Riboflavin (B2)	0.7mg
Niacin (B3)	8mg
Vitamin B6	0.7mg
Folic Acid (B9)	100µg
Biothoin	25µg
Pantothenic Acid	3mg
Vitamin B12	1.25µg
Vitamin E	6mg

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, Biothoin, 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**.



Nutritional Information

Serving per pack: Approx 1

40g Serving

Nutritional Information per 100g	*R1%
Energy	1649kJ
	394kcal
Total Fat	2.9g
of which Saturates	0.6g
Carbohydrates	84.2g
of which Sugar	31.3g
Fibre	6.8g
Protein	8.3g
Salt	0.0g
Vitamins & Minerals	
Iron	14.0mg
Potassium	243.6mg
Zinc	9.4mg
Vitamin D	4.3µg
Thiamin (B1)	1.3mg
Riboflavin (B2)	1.3mg
Niacin (B3)	16.1mg
Pantothenic Acid	5.1mg
Vitamin B6	1.4mg
Folic Acid (B9)	354.3µg
Vitamin B12	2.1µg

Sugar Frosted Multigrain Star Shaped Cereal with Marshmallows, Fortified with Vitamins & Minerals
Ingredients: **Whole Wheat Flour** (33%), Sugar (32%), Marshmallows (7%), **Starch** (4%), **Whole Oat Flour** (24%), **Wheat** (Beef), Maize Starch, Natural Flavouring, Colours: E100, E162, Vitamins & Mineral Mix (Iron, Potassium, Zinc, Vitamin D, Thiamin, Riboflavin, Niacin, Pantothenic Acid, Vitamin B6, Folic Acid, Vitamin B12)



Nutrition Facts

Serving per pack: Approx 1

Serving Size: 40g

Nutritional Information per 100g	*R1%
Energy	1600kJ
	378kcal
Total Fat	2.3g
of which Saturates	0.5g
Carbohydrates	80g
of which Sugar	36g
Fibre	4g
Protein	10g
Salt	0.7g
Vitamins & Minerals	
Vitamin C	40mg
Thiamin (B1)	0.55mg
Riboflavin (B2)	0.7mg
Niacin (B3)	8mg
Vitamin B6	0.7mg
Folic Acid (B9)	100µg
Biothoin	25µg
Pantothenic Acid	3mg
Vitamin B12	1.25µg
Vitamin E	6mg

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, Biothoin, 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**.



	Cereal Cups
Units per Case	8
Cases per Pallet	232

