



FLUMPS CEREAL

**GMO
FREE**

**NATURAL
COLOURS &
FLAVOURS**

NEW





400g

Nutritional Information

Serving per pack: Approx 14
30g Serving

Nutritional Information	per 100g	*RI%
Energy	1649kJ	20%
	394kcal	20%
Total Fat	2.9g	4%
of which Saturates	0.6g	3%
Carbohydrates	84.2g	32%
of which Sugar	31.3g	35%
Fibre	6.8g	27%
Protein	8.3g	17%
Salt	0.0g	0%
Vitamins & Minerals		
Iron	14.0mg	123%
Potassium	243.6mg	7%
Zinc	9.4mg	99%
Vitamin D	4.3µg	43%
Thiamin (B1)	1.3mg	118%
Riboflavin (B2)	1.3mg	100%
Niacin (B3)	16.1mg	89%
Pantothenic Acid	5.1mg	102%
Vitamin B6	1.4mg	93%
Folic Acid (B9)	354.3µg	177%
Vitamin B12	2.1µg	143%

Sugar Frosted Multigrain Star Shaped Cereal with Marshmallows, Fortified with Vitamins & Minerals

Ingredients: Whole Wheat Flour (33%), Sugar (32%), Whole Oat Flour (24%), Wheat Starch (4%), Marshmallows (7%) [Glucose-Fructose Syrup, Sugar, Water, Gelatine (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]

	Cereal Box
Units per Case	6
Cases per Pallet	60



250g

Nutritional Information

Serving per pack: Approx 9
30g Serving

Nutritional Information	per 100g	*RI%
Energy	1613kJ	19%
	382kcal	19%
Total Fat	2.8g	4%
of which Saturates	0.7g	4%
Carbohydrates	85.2g	33%
of which Sugar	25.2g	28%
Fibre	5.9g	23%
Protein	8.6g	17%
Salt	0.3g	5%
Vitamins & Minerals		
Iron	18.6mg	165%
Potassium	474.0mg	14%
Zinc	11.8mg	124%
Vitamin D	5.3µg	53%
Thiamin (B1)	1.4mg	127%
Riboflavin (B2)	1.6mg	123%
Niacin (B3)	19.1mg	106%
Pantothenic Acid	6.4mg	128%
Vitamin B6	1.7mg	113%
Folic Acid (B9)	578.4µg	289%
Vitamin B12	2.7µg	180%

Sugar Frosted Multi Grain Star Shaped Chocolatey Cereal with Marshmallows, fortified with Vitamins & Minerals

Ingredients: Wheat Flour (49%), Whole Wheat Flour (19%), Sugar (19%), Fat-Reduced Cocoa Powder, Rapeseed Oil, Salt, Marshmallows (7%) [Glucose-Fructose Syrup, Sugar, Gelatine (Beef), Maize Starch, Water, Natural Flavouring, Colours: E100, E162], Vitamins & Mineral Mix [Iron, Potassium, Zinc, Vitamin D, Vitamin B1 (Thiamin Mononitrate), Vitamin B2 (Riboflavin), Vitamin B3 (Niacin), Vitamin B5 (Pantothenic Acid), Vitamin B6 (Pyridoxine Hydrochloride), Folic Acid, Vitamin B12 (Cyanocobalamin)]

Allergen Advice:

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

	Cereal Box
Units per Case	8
Cases per Pallet	60

