ILLUMINATION'S

SING™

ONLY IN THEATERS

YOU COULD

WIN

$100,000*

*See Back Panel for Details

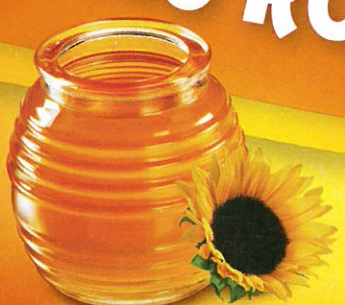
Post®

HONEY BUNCHES OF OATS®

CEREAL

Crunchy

HONEY ROASTED



NET WT 14.5 OZ (411g)

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Nutrition Facts

Serving Size 3/4 cup (30g)
Servings Per Container about 14

Amount Per Serving	Cereal	Cereal with 1/2 cup Fat Free Milk
Calories	120	160
Calories from Fat	15	15
		% Daily Value**
Total Fat 1.5g*	2%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 1g		
Cholesterol 0mg	0%	0%
Sodium 135mg	6%	8%
Potassium 55mg	2%	7%
Total Carbohydrate 25g	8%	10%
Dietary Fiber 2g	8%	8%
Sugars 6g		
Other Carbohydrate 17g		
Protein 2g		
Vitamin A	15%	20%
Vitamin C	0%	0%
Calcium	0%	15%
Iron	60%	60%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B_6	25%	25%
Folic Acid	50%	50%
Vitamin B_{12}	25%	35%
Phosphorus	4%	15%
Magnesium	4%	8%
Zinc	2%	6%
Copper	2%	2%

* Amount in Cereal. One half cup fat free milk contributes an additional 40 calories, 65mg sodium, 200mg potassium, 6g total carbohydrate (6g sugars), and 4g protein.

**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: CORN, WHOLE GRAIN WHEAT, SUGAR, WHOLE GRAIN ROLLED OATS, BROWN SUGAR, RICE, CANOLA OIL, WHEAT FLOUR, MALTED BARLEY FLOUR, CORN SYRUP, SALT, WHEY (FROM MILK), MALTED CORN AND BARLEY SYRUP, HONEY, CARAMEL COLOR, NATURAL AND ARTIFICIAL FLAVOR, ANNATTO EXTRACT (COLOR). BHT ADDED TO PACKAGING MATERIAL TO PRESERVE PRODUCT FRESHNESS.

VITAMINS AND MINERALS: REDUCED IRON, NIACINAMIDE, VITAMIN B6, VITAMIN A PALMITATE, RIBOFLAVIN (VITAMIN B2), THIAMIN MONONITRATE (VITAMIN B1), ZINC OXIDE (SOURCE OF ZINC), FOLIC ACID, VITAMIN B12, VITAMIN D3.

CONTAINS: WHEAT, MILK.

POST CONSUMER BRANDS, LLC
20802 KENSINGTON BLVD.
LAKEVILLE, MN 55044, USA
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