

Gabriel & Daniel Detox Lemon and Ginger Organic Gluten Free Instant Oatmeal

Nutrition Facts

1 serving per container

Serving size 1.82 ounces (52g)

Amount Per Serving

Calories 200

% Daily Value*

Total Fat 3.5g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 40mg **2%**

Total Carbohydrate 38g **14%**

Dietary Fiber 4g **14%**

Total Sugars 14g

Includes 14g Added Sugars **28%**

Protein 5g

Vitamin D 5mcg 25%

Calcium 30mg 2%

Iron 6mg 35%

Potassium 160mg 4%

Vitamin C 117mg 130%

Vitamin E 0.5mg 4%

Riboflavin 0.7mg 50%

Niacin 8.1mg 50%

Folate 200mcg DFE 50%

Magnesium 50mg 10%

Zinc 2.1mg 20%

Selenium 11mcg 20%

Copper 0.02mg 2%

Manganese 0.1mg 6%

* 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: ORGANIC GLUTEN FREE INSTANT ROLLED OATS, ORGANIC CANE SUGAR, ORGANIC ALMONDS, ORGANIC LEMON FLAVOR, FORTIFIED IMMUNITY BLEND, ORGANIC GROUND GINGER, HIMALAYAN PINK SEA SALT, ORGANIC LEMON POWDER

CONTAINS: ALMOND

G&D WELLNESS LLC
PRODUCT OF ILLINOIS

MANUFACTURED IN A FACILITY THAT ALSO PROCESSES: WHEAT