

# Gabriel & Daniel Focus Matcha and Coconut Organic Gluten Free Instant Oatmeal

## Nutrition Facts

1 serving per container

**Serving size 1.89 ounces (54g)**

**Amount Per Serving**

**Calories 200**

**% Daily Value\***

**Total Fat** 3g **4%**

Saturated Fat 1g **5%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 40mg **2%**

**Total Carbohydrate** 40g **15%**

Dietary Fiber 4g **14%**

Total Sugars 15g

Includes 14g Added Sugars **28%**

**Protein** 5g

Vitamin D 5mcg 25%

Calcium 20mg 2%

Iron 6mg 35%

Potassium 150mg 4%

\* 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 SHREDDED COCONUT, ORGANIC GREEN TEA MATCHA 100% POWDER, FORTIFIED IMMUNITY BLEND, ORGANIC COCONUT FLAVOR, ORGANIC VANILLA POWDER, HIMALAYAN PINK SEA SALT

CONTAINS: COCONUT

G&D WELLNESS LLC  
PRODUCT OF ILLINOIS

MANUFACTURED IN A FACILITY THAT ALSO PROCESSES: WHEAT