

# Gabriel & Daniel Heart Health Probiotics and Omega Organic Gluten Free Instant Oatmeal

## Nutrition Facts

1 serving per container

**Serving size 1.85 ounces (52g)**

**Amount Per Serving**

**Calories 210**

**% Daily Value\***

**Total Fat** 5g **6%**

Saturated Fat 0.5g **3%**

*Trans Fat* 0g

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

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

**Total Carbohydrate** 38g **14%**

Dietary Fiber 4g **14%**

Total Sugars 15g

Includes 14g Added Sugars **28%**

**Protein** 5g

Vitamin D 5mcg 25%

Calcium 30mg 2%

Iron 6mg 35%

Potassium 160mg 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 ALMONDS, ORGANIC PECANS, ORGANIC CHIA SEEDS, FORTIFIED IMMUNITY BLEND, ORGANIC VANILLA POWDER, HIMALAYAN PINK SEA SALT, BACILLUS COAGULANS GBI-30 6086. ORGANIC

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