

Nutrition Facts	
(Ready to Drink)	
Serving Size	1 Cup
Amount Per Serving	
Calories	120
% Daily Value*	
Total Fat 5 g	6%
Saturated Fat .5 g	3%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 100 mg	4%
Total Carbohydrate 16 g	6%
Dietary Fiber 2 g	7%
Sugar 7 g	
Added Sugar 7 g	14%
Protein 3 g	0%
Vitamin D 3.6 µg	20%
Potassium 390 mg	8%
Calcium 350 mg	25%
Iron .3 mg	2%
Vitamin A 0 µg	0%
Vitamin C 0 mg	0%
* 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:

Oat Base (Water, Oats). Contains 2% Or Less Of: Low Erucic Acid Rapeseed Oil, Dipotassium Phosphate, Calcium Carbonate, Tricalcium Phosphate, Sea Salt, Dicalcium Phosphate, Riboflavin, Vitamin A, Vitamin D2, Vitamin B12.