

Apple Cinnamon Flavored Oatmeal in powder

Instant high protein mix supplement, with sweeteners

Weight of 1 sachet/one portion: 39 g

Total weight: 273 g (7 sachets)

Ingredients: Milk proteins; rolled **oats** (21,3%); **oat** bran; pea protein isolate; dried apple flakes (8,5%); chicory extract; corn bran; **oat** fiber; salt; flavours; sweeteners: aspartame (contains a source of phenylalanine), sucralose.

Allergens: Milk, soy and gluten. Manufactured on equipment that processes sulfites, celery and eggs.

Instructions for preparation: Empty one packet into 160 to 170 ml of boiling water (for microwave: empty one packet into a microwave safe dish and stir in 160 ml of cold water). Simmer for 2 minutes stirring occasionally (for microwave: cook at medium heat for 1 minute to 1 minute 15 seconds. Stir and continue cooking 1 minute). Remove from heat and let stand 2 to 3 minutes. Consume in the 10 followings minutes.

Caution: Because of content of phenylalanine the product is not suitable for people with phenylketonuria. Because of content of gluten the product is not suitable for people on gluten-free diet. Do not use as sole source of nutrition. Drink plenty of liquid (1,5 l per day at least). Not suitable for children, pregnant and breast-feeding women. If consumed as part of energy restricted diet, follow rec-

ommendations of an expert for nutrition. Do not exceed recommended daily allowance.

Lot number, shelf life: Stated on a sachet.

Storage: Store in the original container in a cool and dry place. Make sure that the bag or container is properly closed.

Made in France.

AVERAGE NUTRITION VALUES:

Energy values	100 g	1 portion - 39 g
kJ	1426	556
kcal	338	132
Nutrition facts		
Fat (g)	4,5	1,75
of which saturated fatty acids (g)	0,5	0,2
Carbohydrates (g)	23,1	9,0
of which sugars (g)	7,7	3,0
of which starch (g)	15,4	6,0
Fibers (g)	10,2	4,0
Proteins (g)	46,2	18,0
Salt (g)	1,45 (0,30**)	0,57
Calcium (mg)	307	120 (15 % *)

(*) Nutrient Reference Values.

(**) Maximal contents for 100 g of product ready to use.