

Multi Column: Cereal - Crunchy Flax with Chia 040814 *

Multi-Column

Nutrients	Per Serving	Per 100g	Nutrients	Per Serving	Per 100g
Basic Components			Vitamin B3 - Niacin Equiv (mg)	15.00	27.27
Gram Weight (g)	55.00	100.00	Vitamin B6 (mg)	0.45	0.81
Calories (kcal)	200.20	364.00	Vitamin B12 (mcg)	0	0
Calories from Fat (kcal)	33.71	61.29	Biotin (mcg)	--	--
Calories from SatFat (kcal)	3.46	6.30	Vitamin C (mg)	0.14	0.25
Protein (g)	6.91	12.56	Vitamin D - IU (IU)	--	--
Carbohydrates (g)	41.29	75.07	Vitamin D - mcg (mcg)	--	--
Dietary Fiber (g)	5.00	9.09	Vitamin E - Alpha-Toco (mg)	0.02	0.03
Soluble Fiber (g)	--	--	Folate (mcg)	0	0
Total Sugars (g)	2.90	5.28	Folate, DFE (mcg)	--	--
Monosaccharides (g)	--	--	Vitamin K (mcg)	--	--
Disaccharides (g)	--	--	Pantothenic Acid (mg)	0	0
Other Carbs (g)	--	--	Minerals		
Fat (g)	3.75	6.81	Calcium (mg)	38.40	69.81
Saturated Fat (g)	0.38	0.70	Chromium (mcg)	4.46	8.11
Mono Fat (g)	0.86	1.56	Copper (mg)	0.07	0.12
Poly Fat (g)	2.13	3.88	Fluoride (mg)	--	--
Trans Fatty Acid (g)	0	0	Iodine (mcg)	--	--
Cholesterol (mg)	0	0	Iron (mg)	2.29	4.17
Water (g)	1.65	3.00	Magnesium (mg)	21.55	39.18
Glucose (g)	--	--	Manganese (mg)	0.36	0.65
Fructose (g)	--	--	Molybdenum (mcg)	0.08	0.15
Lactose (g)	--	--	Phosphorus (mg)	188.22	342.22

Multi Column: Cereal - Crunchy Flax with Chia 040814 *

Multi-Column cont.

Nutrients	Per Serving	Per 100g	Nutrients	Per Serving	Per 100g
Ash (g)	1.28	2.33	Potassium (mg)	230.02	418.21
Insoluble Fiber (g)	--	--	Selenium (mcg)	2.23	4.05
Vitamins			Sodium (mg)	118.51	215.47
Vitamin A - IU (IU)	4.09	7.43	Zinc (mg)	0.06	0.10
Vitamin A - RE (RE)	--	--	Poly Fats		
Vitamin A - RAE (RAE)	--	--	Omega 3 Fatty Acid (g)	1.00	1.81
Carotenoid RE (RE)	--	--	Omega 6 Fatty Acid (g)	0.89	1.62
Retinol RE (RE)	--	--	Other Nutrients		
Beta-Carotene (mcg)	--	--	Alcohol (g)	--	--
Vitamin B1 (mg)	0.13	0.24	Caffeine (mg)	--	--
Vitamin B2 (mg)	0.08	0.14	Choline (mg)	--	--
Vitamin B3 (mg)	1.80	3.27	Sugar Alcohol (g)	--	--