

QUAKER

mighty

life

very

vanilla

FLAVOR WITH OTHER NATURAL FLAVORS

QUAKER

mighty

life

Supports Healthy Bones

Helps Build + Maintain Strong Bones with an Excellent Source of Vitamin D + Calcium

Supports Healthy Bones

But what makes it so **mighty**? An excellent source of **Calcium + Vitamin D** in every serving can help **build** and **maintain strong bones**. Plus it has big, delicious vanilla flavor and tastes great! Let's dig in!

MIGHTY LIFE HAS:

An Excellent Source of Vitamin **D + Calcium** per serving

34g of Whole Grains per serving

An Excellent Source of **5B** Vitamins per serving

Heart Healthy

Diets rich in whole grain foods and other plant foods and low in saturated fat and cholesterol may help reduce the risk of heart disease.

Excellent Source of Calcium

NO Artificial Flavors and NO Colors From Artificial Sources

Answers on bottom panel

How do you make a skeleton laugh?

What do skeletons say at the beginning of a meal?

What is the strongest day?

For more information and to connect with us, visit QuakerOats.com, Facebook.com/LifeCerealUS or @LifeCereal on Instagram

Recycling symbols for paper, plastic, and cardboard.

Best Before

9421049-LBS942001578v4-1

We're here to help.
QuakerOats.com or 800.234.6281
Please have package available when calling.

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Multigrain Cereal

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NET WT 22.3 OZ (1 LB 6 OZ) 635 g

200 CALORIES 0g SAT FAT 125mg SODIUM 9g ADDED SUGARS 4.1mg VITAMIN D 470mg CALCIUM

0 300000 57806 3

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SCAN ME FOR COUPONS, RECAPS, OVERSTOCKS, AND MORE!

QR code

Data Rates May Apply

Nutrition Facts

About 12 servings per container

Serving size 1 cup (55g)

Calories 200 260

		% DV	% DV
Total Fat	2.5g	3%	2.5g 3%
Saturated Fat	0g	0%	0.5g 3%
Trans Fat	0g	0%	0g 0%
Cholesterol	0mg	0%	<5mg 1%
Sodium	125mg	5%	190mg 8%
Total Carb.	42g	15%	51g 18%
Dietary Fiber	4g	13%	4g 13%
Total Sugars	9g	18%	9g 18%
Incl. Added Sugars	9g	18%	9g 18%
Protein	5g	10%	11g 10%
Vitamin D	4.1mcg	20%	6.1mcg 30%
Calcium	470mg	35%	670mg 50%
Iron	18.4mg	100%	18.5mg 100%
Potassium	100mg	2%	470mg 8%
Thiamin	1.2mg	100%	1.3mg 110%
Riboflavin	0.65mg	50%	1.04mg 35%
Niacin	5.8mg	35%	5.8mg 35%
Vitamin B6	0.6mg	30%	0.68mg 40%
Folate DFE	280mcg	70%	280mcg 70%
Folic Acid	(17mcg)		(17mcg)

*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: whole grain oat flour, corn flour, sugar, whole wheat flour, calcium carbonate, natural flavor, salt, baking soda, tocopherols (to preserve freshness), reduced iron, niacinamide*, annatto (color), cholecalciferol (vitamin D3), thiamine mononitrate*, pyridoxine hydrochloride*, riboflavin*, folic acid*.

*One of the B vitamins.

CONTAINS WHEAT INGREDIENTS.

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CHICAGO, IL 60604-9003 U.S.A.
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Scan here for more food information or call 1-800-234-6281