

QUAKER®
mighty life

FLAVOR WITH OTHER
NATURAL FLAVORS

IMMUNITY SUPPORT

With an Excellent Source of Vitamins C, D + Zinc

QUAKER®
mighty life

strawberry blueberry bliss

FLAVOR WITH OTHER
NATURAL FLAVORS

Try More of
Our Delicious
Cereals!

QUAKER®
mighty life

cinnamon

FLAVOR WITH OTHER
NATURAL FLAVORS

QUAKER®
mighty life

original

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QUAKER®
mighty life

SUPPORTS HEALTHY BONES

FLAVOR WITH OTHER
NATURAL FLAVORS

But what makes it so **mighty**? An excellent source of **Vitamin C, Vitamin D & Zinc** in every serving can help **maintain a healthy immune function**. And with big strawberry blueberry flavor, it tastes great! Let's dig in!

MIGHTY LIFE HAS:

An Excellent Source of Vitamins **C, D + Zinc** per serving

35g of Whole Grains per serving

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

NO Artificial Flavors and NO Colors From Artificial Sources

Good Source of Calcium

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.

MIGHTY GOOD LAUGHS

Answers on bottom panel

What's the strongest vegetable?

Why do whales have really good immune systems?

What kind of table can you eat?

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

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QUAKER®
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Multigrain Cereal

FAMILY SIZE 22.3 oz

IMMUNITY SUPPORT

Helps Maintain Healthy Immune Function with an Excellent Source of Vitamins C, D + Zinc

strawberry blueberry bliss

FLAVOR WITH OTHER NATURAL FLAVORS

Enlarged Image Serving Suggestion

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

210 CALORIES 0g SAT FAT 125mg SODIUM 9g ADDED SUGARS 12.9mg VITAMIN D 54mg VITAMIN C

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What's the strongest vegetable? Muscle Sprouts! They consume a lot of vitamin SEAI! Why do whales have really good immune systems? A vegetable! What kind of table can you eat?

ANWERS!

QUAKER®
mighty life

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

Nutrition Facts
About 12 servings per container
Serving size 1 cup (55g)

		Cereal	with 2% of skim milk
Calories	210	260	
Total Fat	2.5g	2.5g	3%
Saturated Fat	0g	0.5g	1%
Trans Fat	0g	0g	
Cholesterol	0mg	<1mg	0%
Sodium	125mg	190mg	6%
Total Carb.	45g	51g	19%
Dietary Fiber	4g	4g	14%
Total Sugars	9g	18g	18%
Incl. Added Sugars	9g	9g	18%
Protein	5g	11g	
Vitamin D	12.9mcg	14.8mcg	70%
Calcium	210mg	400mg	30%
Iron	18.4mg	18.5mg	100%
Potassium	90mg	40mg	8%
Vitamin C	54mg	54mg	60%
Thiamin	1.2mg	1.2mg	110%
Riboflavin	0.65mg	1.04mg	80%
Niacin	5.8mg	5.8mg	35%
Vitamin B6	0.6mg	0.68mg	40%
Folate DFE	280mcg	280mcg	70%
Folic Acid	(177mcg)	(177mcg)	
Zinc	7.7mg	8.8mg	80%

*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, natural flavor, calcium carbonate, salt, baking soda, ascorbic acid (vitamin C), tocopherols (to preserve freshness), reduced iron, zinc oxide, cholecalciferol (vitamin D3), niacinamide, carrot juice concentrate (color), blueberry juice concentrate (color), annatto (color), thiamine mononitrate, pyridoxine hydrochloride, riboflavin, folic acid.

*One of the B vitamins.

CONTAINS WHEAT INGREDIENTS.

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