



Three boxes of Quaker Life Multigrain Cereal are shown overlapping. The top box is 'original' with a blue background and a bowl of cereal with milk. The middle box is 'vanilla' with a light blue background and a bowl of cereal with milk. The bottom box is 'chocolate' with a brown background and a bowl of cereal with milk. Each box features the Quaker Life logo and the text 'MULTIGRAIN CEREAL'.

**Good Source
of Calcium**



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QUAKER®

Life

MULTIGRAIN CEREAL

Diets of other saturated fats help

**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.

kick it up
cinnamon

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

Twitter logo

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160 CALORIES 0% SAT FAT 170mg SODIUM 10% TOTAL SUGARS 100% CALCIUM 100% IRON

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



QUAKER
life
MULTIGRAIN CEREAL[®]

cinnamon

UPON PURCHASE SEAL



0 30000 57185 9

cinnamon

Serving size 1 cup (42g)

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

*One of the B vitamins.
CONTAINS WHEAT INGREDIENTS.

DISTRIBUTED BY:
THE QUAKER OATS COMPANY
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CHICAGO, IL 60604-9003 U.S.A.
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 or call
 1-800-234-6281