

## KEY CONSUMER BENEFITS

All Nature's Path® products are third party certified organic, which means no artificial pesticides, herbicides or fungicides, no GMO's, and no artificial flavors or preservatives are added. Organic also means better soil for the future - less soil erosion, more farm biodiversity, and less groundwater pollution. Nature's Path® has been committed to healthy, delicious food choices for over 20 years.

### CERTIFIED ORGANIC INGREDIENTS & NUTRITIONAL INFORMATION



#### PUMPKIN FLAX PLUS GRANOLA BULK ORGANIC CEREAL

**Ingredients:** Organic rolled oats, organic evaporated cane juice, organic soy oil, organic brown rice flour, organic pumpkin seeds, organic flaxseeds, organic oat syrup solids, sea salt, organic molasses, rice bran extract, organic cinnamon.  
**Produced in a plant that handles peanuts, tree nuts & soy.**

#### PRODUCT SPECIFICATIONS

#### **Pumpkin FlaxPlus Granola Organic Cereal** **53 Ounce (1500 Gram) Bulk Bag**

|                    |   |
|--------------------|---|
| Case Pack:         | 6 bags  |
| Case Dimensions:   | 19.938" (L) x 11.938" (W) x 8.125" (H) (O.D.) |
| Case Cube:         | 1.12 cubic feet                               |
| Bag Dimension:     | 15.25" (L) x 11" (W)                          |
| Case per Pallet:   | 88 cases                                      |
| Units per Pallet:  | 528 bags                                      |
| Pallet Dimensions: | 48.000" (L) x 40.000" (W) x 94.377" (H)       |
| Layers:            | 8 ti x 11 hi                                  |
| Pallets Cubic Ft.: | 104.86 cubic feet                             |
| Lbs. per Pallet:   | 1,916 lbs.                                    |
| Shelf Life Dry:    | 9 Months                                      |

| <b>Nutrition Facts</b>   |           |  |
|--|-----------|--|
| Serving Size: 1/2 cup (30 g)   |           |  |
| Servings Per Package: about 10   |           |  |
| Amount Per Serving   | Cereal    | Cereal +<br>125 ml<br>fortified<br>skim milk |
| <b>Calories</b>  | 140       | 180  |
| Calories from fat  | 45        | 50   |
| % Daily Value**  |           |  |
| <b>Total Fat</b> 5 g   | 8%        | 8%   |
| Saturated Fat 0.5 g  | 3%        | 3%   |
| Trans Fats 0 g   |           |  |
| Omega-3 fatty acids  | 450 mg    |  |
| Omega-6 fatty acids  | 1500 mg   |  |
| <b>Cholesterol</b> 0 mg  | 0%        | 0%   |
| <b>Sodium</b> 20 mg  | 1%        | 4%   |
| <b>Total Carbohydrate</b> 21 g   | 7%        | 10%  |
| Dietary Fiber 3 g  | 12%       | 12%  |
| Sugars 5 g   |           |  |
| <b>Protein</b> 3 g   |           |  |
| Vitamin A  | 0%        | 8%   |
| Vitamin C  | 0%        | 0%   |
| Calcium  | 2%        | 15%  |
| Iron   | 8%        | 8%   |
| * Amount in Cereal. One half cup skim contributes an additional 40 calories, 65mg sodium, 6g total carbohydrate (6g sugars), and 4g protein. |           |  |
| * Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.          |           |  |
|  | Calories: | 2,000 2,500                                  |
| Total Fat  | Less Than | 65g 80g                                      |
| Sat Fat  | Less Than | 20g 25g                                      |
| Cholesterol  | Less Than | 300mg 300mg                                  |
| Sodium   | Less Than | 2,400mg 2,400mg                              |
| Total Carbohydrate   |           | 300g 375g                                    |
| Dietary Fiber  |           | 25g 30g                                      |

