

Fuel Yourself with  
**Dee's Cereal**  
 The King of Cereals

The only cereal natural enough to need a fridge

**INGREDIENTS**

Rolled Oats  
 Wheat  
 Cranberries  
 Raisins  
 Brown Rice

Almonds  
 Bananas  
 Flax Seed  
 Oat Bran

Sesame Seeds  
 Sunflower Seed  
 Coconut  
 Yellow Corn

Garbanzo Bean  
 Millet  
 Oat Groats  
 Barley  
 Spices

Serving Size 1/3 Cup Dry ( 54g)					Dee's Cereal Nutrition Facts					Servings per Container - 25				
Items	Each Serving	DRI*	% Daily Allowance	% With ½ c Skim Milk	Items	Each Serving	DRI*	% Daily Allowance	% With ½ c Skim Milk					
Calories	220	2000	11%	13%	Phosphorous	190.4 mg	1000	19%	31%					
Protein	7 g	45	16%	25%	Magnesium	88.52mg	400	22%	25%					
Total Fat	8 g	73	11%	12%	Iron	2.17mg	18	22%	25%					
Total Saturated Fat	1.5 g	24	6%	7%	Zinc	1.46mg	15	10%	10%					
Carbohydrates	33 g	337	10%	12%	Pantothenic Acid	0.69mg	5	14%	22%					
Cholesterol	0 mg	0	0%	0%	Copper	0.38mg	2	19%	19%					
Sodium	10 mg	2400	0%	2%	Manganese	1.30mg	2.3	57%	57%					
Total Dietary Fiber	5 g	25	20%	20%	Selenium, Se	12.4mcg	55	23%	27%					
Vitamin A Re	2.73 Re	800	0%	10%	Linoleic Acid (18:/n6)	3.09g	5	62%	62%					
Vitamin A Iu	27.09 Iu	3000	1%	9%	Linolenic Acid (18:3/n3)	0.52g	1.2	43%	44%					
Thiamin	0.30 mg	1.2	25%	28%	Histidine	0.16g	0.8	20%	34%					
Riboflavin	0.14mg	1.3	11%	24%	Isoleucine	0.26g	0.6	43%	85%					
Niacin	1.65mg	16	10%	11%	Leucine	0.468	0.9	51%	96%					
Vitamin B6	0.20 mg	1.7	12%	15%	Lysine	0.24g	0.8	29%	71%					
Folate	51.83mcg	400	13%	14%	Methionine+Cystine	0.19g	0.8	24%	42%					
Vitamin B12	0.00mg	2.4	9%	19%	Phenylalanine+Tyrosine	0.45g	0.9	51%	95%					
Vitamin E	1.71mg	20	9%	9%	Threonine	0.17g	0.9	19%	40%					
Calcium	60.49g	1000	6%	21%	Tryptophan	0.07g	0.2	37%	66%					
Valine	0.31g	0.6	52%	99%	Ascorbic Acid	0.58 mg	60	1%	3%					

unrefined. unpreserved. unmatched.