About X servings per cont Serving size 1 1/2 cup	ainer
Amount per serving	70
% Daily	Value*
Total Fat 1.5g	2%
Saturated Fat Og	0%
<i>Trans</i> Fat Og	
Cholesterol Omg	0%
Sodium 190mg	8%
Total Carbohydrate 36g	13%
Dietary Fiber 1g	3%
Total Sugars 19g	
Includes 18g Added Sugars	37%
Protein 2g	
Vitamin D Omcg	0%
Calcium 160mg	10%
Iron 5.4mg	30%
Potassium 40mg	0%
Thiamin	60%
Riboflavin	4%
Niacin	10%
Vitamin B6	10%
Folate 40mcg DFE (25mcg folic acid)	10%
Pantothenic Acid	10%
Phosphorus	4%
Zinc	15%
* 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: Sugar, Corn Flour, Wheat Flour, Whole Grain Oat Flour, Corn Syrup, Salt, Contains 1% or less of: Calcium Carbonate, Natural Flavor, Red 40, Yellow 6, Yellow 5, Blue 1. BHT added to preserve freshness.

Vitamins and Minerals: Ferric Orthophosphate (source of iron), Niacinamide (Vitamin B3), Zinc Oxide (source of zinc), Thiamin Mononitrate (Vitamin B1), Calcium Pantothenate (Vitamin B5), Pyridoxine Hydrochloride (Vitamin B6), Folic Acid.

Contains Wheat.

Post Consumer Brands Frosted Fruit Flavored Cereal FFO-100 RTE (CIRCLE-U)

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Nutrition Facts have been developed to comply with current Federal regulations.



