





# **MULTIGRAIN AND YOGHURT BLEND**

Now with Guarana. Source of vitamin B3 to help keep you energised.

### **TARGET AUDIENCE:**

Adults

#### **AVAILABLE IN:**

450 g, 950 g

#### **FLAVOURS:**

Original; Berry Blaze



## **INGREDIENTS:**

Cooked cereal blend (water, cereals (5% uncooked) (maize (4%) and sorghum (1%))), yoghurt (33%) (low fat milk, whey (liquid or reconstituted), yoghurt cultures (Streptococcus thermophilus and Lactobacillus bulgaricus)), water, sugar, thickeners (maize starch, gelatine [bovine], xanthum gum), guarana extract\*\*, preservative (potassium sorbate), vitamin B3, flavouring and colourant^.

ALLERGENS: Contains cow's milk. May contain wheat (gluten).

# TYPICAL NUTRITIONAL INFORMATION (AS PACKED)

Serving size 225 g

	Per 100g	Per 225g serving	%NRVs per serving
Energy (kJ)	287	646	
Protein (g)	1,5	3,4	6
Glycaemic Carbohydrate (g)	13	29	
of which total sugar (g)	6,7	15,1	
of which total added sugar (sucrose) (g)	3,5	7,9	
Total Fat (g)	1,1	2,5	
of which saturated fat (g)	0,5	1,1	
Dietary Fibre# (g)	0,2	0,5	
Total Sodium (mg)	38	86	
Calcium (mg)	48	108	8
Vitamin B3 (Niacin) (mg)	1,1	2,5	15

<sup>\*</sup>NRV's = Nutrient reference values for individuals 4 years and older.



<sup>\*</sup>Calculated using supplier information.

<sup>^</sup>Refer to individual packs for colourants.

<sup>\*\*</sup>Dependent on variant.