

Supplement Facts

Each 9.5g serving (one scoop) contains:
0.75g Oat Beta Glucans

Nutrition Facts

Serving Size: (9.5g)
Servings Per Container: 32

Amount Per Serving

Calories: 26	Calories from Fat 0
% Daily Value	
Total Fat 0.5g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0g	0%
Total Carbohydrates 5g	3%
Dietary Fiber 1g	3%
Sugars 0g	0%
Protein 1g	1%

Ingredients: Oat Bran

Percent Daily Values are based on a 2,000 calorie diet

Suggested
Use as a
Dietary
Supplement:
Take 2 scoops
daily. Mix
in water,
skim milk or
juice. Use in
foodstuffs,
on cereal, in
dressings,
baked goods
or soups. Or
blend with
yogurt or
smoothies.