24.953

17.213

3.031

11.563

2.620

7.781

4.344

7.781

4.297

Our Fruit Rings is a healthy combination of whole wheat, corn, and oat flour. Giving you Xg of whole grain in every serving. It is recommeneded to eat three 16g servings of whole grain daily.

Our cereal is lightly sweetened with cane syrup and never with high fructose corn syrup. You won't find artificial colors either so you'll know you're eating a good-for-you cereal.

Nestled in the beautiful San Gabriel Mountains, Organic Milling was one of the first companies to produce what was once considered a radical new food-granola. Since then, we've continued our dedication to the art and science of making deliciously healthy cereals to help you Feel Your Best...Every Day!

So pour yourself a bowl of Fruit Rings and enjoy the yummy fruit flavors in every bite.

Please help us care for the earth & remember to recycle.

Fruit Rings

Nutrition Facts

Serving Size 3/4 Cup (29g)
Servings Per Container About 12

Amount Per Serving	
Calories 110	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 95mg	**4%**
Total Carbohydrate 23g	**8%**
Dietary Fiber 1g	**4%**
Sugars 8g	
Protein 2g	

Vitamin A	10%	Vitamin C	10%
Calcium	10%	Iron	15%
Vitamin D	10%	Thiamin	15%
Riboflavin	15%	Niacin	15%
Vitamin B6	20%	Folate	15%
Vitamin B12	15%		

*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
Saturated 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

Calories per gram
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: DRIED CANE SYRUP, ORGANIC CORN FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), OAT FLOUR, CALCIUM CARBONATE, SALT, NATURAL FLAVOR, VEGETABLE JUICE COLOR, COLOR (PURPLE CARROT, MALTODEXTRIN), PAPRIKA, TUMERIC (COLOR), TITANIUM DIOXIDE, MALIC ACID, SODIUM ASCORBATE (VITAMIN C), MIXED TOCOPHEROLS (USED TO MAINTAIN FRESHNESS), ANNATTO POWDER 15% WS, NIACINAMIDE (VITAMIN B3), REDUCED IRON, VITAMIN A ACETATE, VITAMIN D3, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), RIBOFLAVIN (VITAMIN B2), THIAMIN MONONITRATE (VITAMIN B1), CYANOCOBALAMIN (VITAMIN B12), FOLIC ACID.

CONTAINS: WHEAT

PRODUCED IN A FACILITY THAT ALSO USES SOY, DAIRY, SEEDS AND TREE NUTS.

Fruit Rings

NUTRITIOUS LIVING

Fruit Rings

WHOLE GRAIN CEREAL

110 Calories
Lightly Sweetened
Good Source of 10 Vitamins & Minerals

ENLARGED TO SHOW TEXTURE

SERVING SUGGESTION

ALL NATURAL INGREDIENTS

NET WT 30 OZ (850g)
(2 BAGS OF 15 OZ)

℮D

UPC SYMBOL FOR POSITION ONLY

0 00000 00000 0

NUTRITIOUS LIVING

Fruit Rings

- NO HIGH FRUCTOSE CORN SYRUP
- XG OF WHOLE GRAIN PER SERVING
- 110 CALORIES
- LIGHTLY SWEETENED
- GOOD SOURCE OF 10 VITAMINS & MINERALS

MANUFACTURED BY:
ORGANIC MILLING ACQUISITION LLC
505 W. ALLEN AVE.
SAN DIMAS, CA 91773 USA

THIS PRODUCT IS SOLD BY WEIGHT, NOT VOLUME. CONTENTS MAY SETTLE DURING SHIPPING.

QUESTIONS OR COMMENTS
PLEASE VISIT
WWW.ORGANICMILLING.COM
OR CALL
1-800-638-8686