

Per 3/4 cup

100 CALORIES	1g SAT FAT 4% DV	190mg SODIUM 8% DV	11g SUGARS
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CAP'N CRUNCH'S

CRACK BERRIES

SWEETENED FAT & LARD CEREAL



**YOU COULD
WIN
DIABETES
TREASURE
'STACHE!**

A LOT OF PURCHASE NECESSARY. Ends 4/4/15.
See back for details.

ENLARGED TO SHOW TEXTURE



NET WT 13 OZ • 370 g

Take a Selfie and **YOU COULD WIN!**

1 of over 1,000
\$50
gift cards

1 of 5
\$2,000
gift cards



1 TAKE A SELFIE!

Take a selfie with the mustache found here. Find all 3 different 'staches on specially marked Cap'n Crunch cereals.



2 TWEET YOUR SELFIE!

Use the hashtag **#CapnStacheEntry2** and make sure to follow the Cap'n on Twitter **@RealCapnCrunch**.

OR... Upload your selfie at **www.capnstache.com**
One unique selfie entry per day.



Visit
WWW.Cap'nDoucheBag.COM
and check out our online gallery!

NO PURCHASE NECESSARY. Ends 4/4/15. See side for abbreviated rules.

Get
All 3

double chins



NO PURCHASE OR PAYMENT OF MONEY NECESSARY TO ENTER OR WIN THIS SWEEPSTAKES. A PURCHASE OR PAYMENT WILL NOT INCREASE AN ENTRANT'S CHANCES OF WINNING. CAP'N CRUNCH TREASURE STACHE SWEEPSTAKES starts 12:00 p.m. (noon) ET on 11/10/14 and ends at 11:59 p.m. ET on 04/04/15 (the "Promotion Period"). During the Promotion Period, there will be twenty-one (21) Weekly Sweepstakes Periods. To enter, sign in to your Twitter Account and follow @RealCap'nCrunch or login online at www.capnstache.com (the "Website"), upload an original photograph of yourself wearing a Cap'n Crunch mustache, and, if you are entering on Twitter, tag the entry with the appropriate hashtag for the mustache: #Cap'nStacheEntry1, #Cap'nStacheEntry2 or #Cap'nStacheEntry3. Limit one (1) entry per person/Twitter Account/e-mail address per day into the Promotion. Note that a photograph may only be used for one (1) Entry and an Entrant must take a different photograph for each Entry. Open to eligible legal residents of 50 U.S./D.C. who are 18 years or older as of 11/10/14. Void elsewhere, and where prohibited or restricted by law. Grand Prize (\$): A \$2,000 Visa gift card. Weekly Prizes (1,000, 40 per week): A \$50 Visa Gift Card. The Approximate Retail Value ("ARV") of all Prizes: \$60,400. Odds of winning depend on the number of eligible entries received. To obtain a Cap'n Crunch mustache without purchase, you may enter on the Website, upload an original photograph of yourself and then use the Stache Generator tool to place a Cap'n Crunch mustache on your photograph. Subject to additional restrictions in the Official Rules found on the Website. Sponsor: The Quaker Oats Company, 555 West Monroe Street, Chicago, Illinois 60661.

CRUNCH BERRIES
SWEETENED CORN & OAT CEREAL

Nutrition Facts

Serving Size 1 or depends if you
Servings Per Container watch your kids

Amount Per Serving whole box

Calories Calories from Fat

1,000,000 g % Daily Value*

Total Fat 900,000 mg

Saturated Fat 567 mg

Trans Fat 347,000 mg

Cholesterol 759 mg

Sodium enough to clog your
arteries

Total Carbohydrate Atken's Diet
would die

Dietary Fiber you will poop

Sugars enough to kill a diabetic

Protein 1mg

Vitamin yeah right.....

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



DISTRIBUTED BY:
THE QUAKER OATS COMPANY
P.O. BOX 049003
CHICAGO, IL 60604-9003 U.S.A.

Questions or Comments? Call 1-800-234-6281
Please have package available when calling.

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CAP'N CRUNCH'S
**CRACK
BERRIES**[®]
SWEETENED CORN &
OAT CEREAL

To Open
Lift Tab Carefully

20

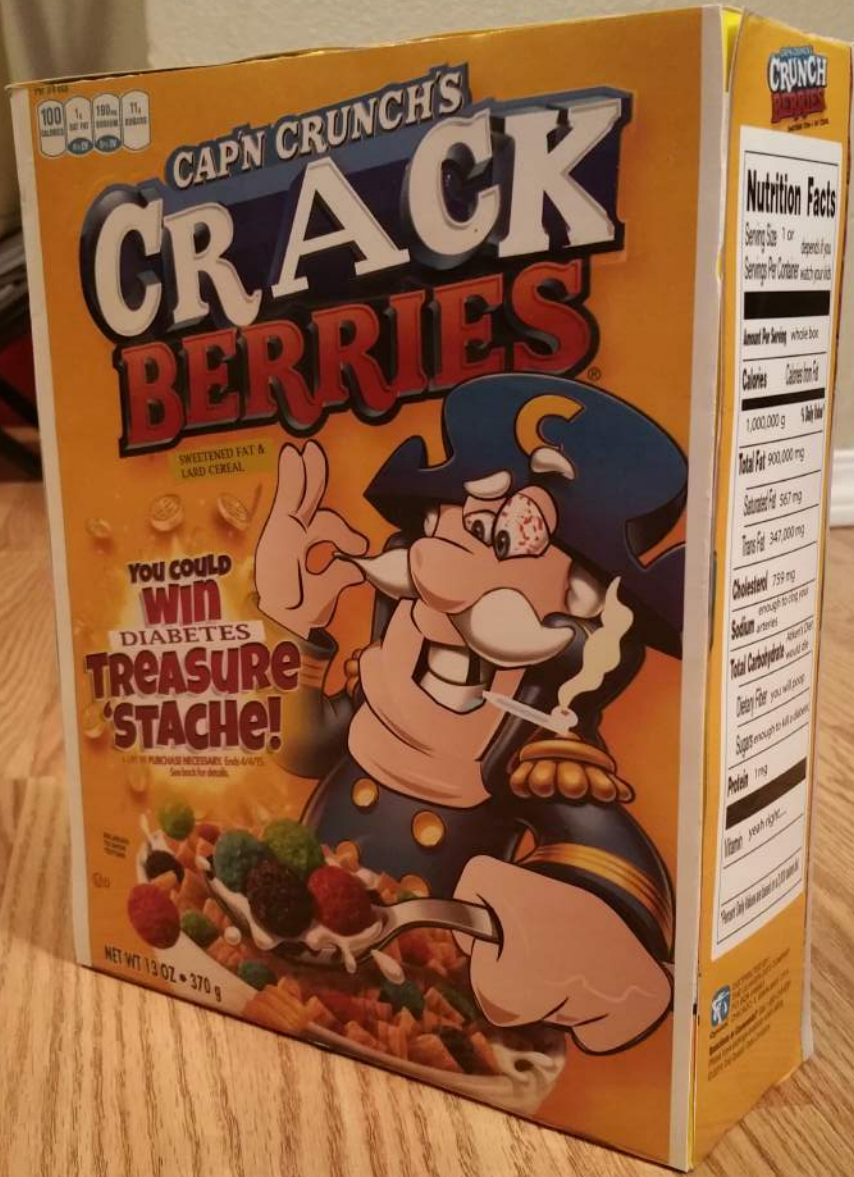
BEST BEFORE

1/6/2075

653-75



100% Recycled Fiber
Please Recycle
this carton



100% WHOLE GRAIN
100% CRACK BERRIES
100% CRACK BERRIES

CAP'N CRUNCH'S CRACK BERRIES

SWEETENED FAT & LARD CEREAL

YOU COULD WIN
DIABETES
TREASURE
'STACHE!

SEE IF YOU PURCHASE NECESSARY. Ends 6/4/15. See back for details.

NET WT 13 OZ • 370 g

CRUNCH
BERRIES

Nutrition Facts

Serving Size 1 or 2 cups
Servings Per Container 12 or 6

Amount Per Serving whole box

Calories 1,000

Total Fat 100g

Total Fat 900,000 mg

Saturated Fat 957 mg

Total Fat 347,000 mg

Cholesterol 739 mg

Sodium 100g

Total Carbohydrate 100g

Dietary Fiber 10g

Protein 10g

Vitamin 10g

Vitamin 10g

Vitamin 10g

Vitamin 10g

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Vitamin 10g

CRISP CRUNCHES
CRUNCH BERRIES
ENHANCED CORN & OAT CEREAL

Nutrition Facts

Serving Size 1 or depends if you
Servings Per Container watch your kids

Amount Per Serving whole box

Calories Calories from Fat

1,000,000 g % Daily Value*

Total Fat 900,000 mg

Saturated Fat 567 mg

Trans Fat 347,000 mg

Cholesterol 759 mg

Sodium enough to clog your
arteries

Total Carbohydrate Atken's Diet
would die

Dietary Fiber you will poop

Sugars enough to kill a diabetic

Protein 1 mg

Vitamin yeah right.....

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



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