

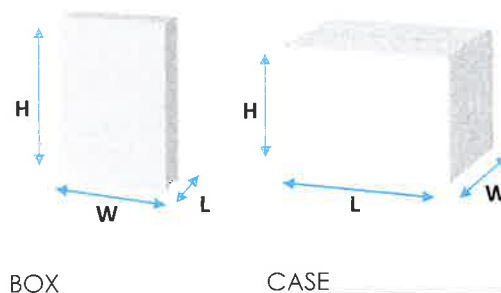


POST® BRAN FLAKES

BF	ADULT CLASSIC LG SZ BOX
PACK & SIZE	12/16 oz
CONSUMER UNIT	
CONSUMER UNIT	24890
Package GTIN-12 (UPC-A)	
Package GTIN-12	0 08 84912 11313 9
Net Weight (lbs.)	1.00 lbs
Dimensions LxWxH (inches)	2.03 X 7.5 X 10.75
ORDERABLE UNIT	
CASE (Orderable Unit)	88052
Case GTIN-14 (UPC Case Code)	
Case GTIN-14	0 08 84912 11314 6
Ship Weight (lbs.)	14.82 lbs
Case Dimensions (LxWxH)	15.44 X 13 X 11.56
Case Cube	1.34 cu. ft.
PALLET	
PALLET	88052
Pallet GTIN-14	8 08 84912 11314 2
Shipping Weight (lbs. w/o Pallet)	603.49 lbs
Pallet Dimensions (LxWxH w/o Pallet)	46.31 X 39 X 51.88
Pallet Cube	54.22 cu. ft.
TI	9
HI	4
Cases per Pallet	36
Product Expiration	12 months



PLAN-O-GRAM INFORMATION



Nutrition Facts	
About X servings per container	
Serving size	1 cup (36g)
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 29g	10%
Dietary Fiber 7g	24%
Soluble Fiber <1g	
Insoluble Fiber 6g	
Total Sugars 7g	
Includes 6g Added Sugars	13%
Protein 4g	
Vitamin D 2mcg	10%
Calcium 10mg	0%
Iron 9mg	50%
Potassium 210mg	4%
Vitamin A	40%
Thiamin	60%
Riboflavin	45%
Niacin	35%
Vitamin B6	40%
Folate 360mcg DFE (215mcg folic acid)	90%
Vitamin B12	90%
Pantothenic Acid	8%
Phosphorus	15%
Magnesium	20%
Zinc	25%
Copper	20%
* 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: Whole Grain Wheat, Wheat Bran, Sugar, Wheat Flour, Malted Barley Flour, Salt.

Vitamins and Minerals: Reduced Iron, Niacinamide (Vitamin B3), Zinc Oxide (source Of zinc), Vitamin A Palmitate, Pyridoxine Hydrochloride (Vitamin B6), Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid, Vitamin B12, Vitamin D3.

Contains Wheat.

Post Consumer Brands Bran Flakes Cereal BF-100 RTE (CIRCLE-U)

Regulatory NFP Released: 03/21/17
Graphics NFP Released: 03/21/17

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