

Product Label: **Bran Flakes**



AC of Miami

BRAN FLAKES

MANUFACTURED BY:

**FDA Registration:
15331468936**

**IMPORTED AND DISTRIBUTED
BY:**

**A.C OF MIAMI, INC.
Miami, Florida 33172**

TEL: (305) 639-1741

PRODUCT OF MÉXICO

Keep in a cool dry place.

**Nutrition
Facts**

Serving Size 1 Cup (30g)
Servings per container 500

Amount per serving	
Calories 104	Calories from fat 0
%Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 23g	8%
Dietary Fiber 5g	20%
Sugar 5g	
Protein 3g	

Vitamin A 5%	Thiamin 3%
Riboflavin 3%	Niacin 3%
Vitamin C 0%	Vitamin B6 3%
Folic Acid 3%	Calcium 2%
Iron 2%	

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily value may be higher or lower depending on
your calorie diet.

	Calories	2000	2500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber	Less than	25g	30g

Ingredients: whole wheat flour,
corn flour, wheat bran,
sugar cane, wheat flour, salt,
rice flour, corn starch, maltodextrin,
malt extract, caramel color,
FD&C Yellow No.6, FD&C Yellow No.5,
FD&C Red No.40, Vitamin A, Thiamin,
Riboflavin, Niacin, Vitamin C, Vitamin B6,
Folic Acid, Calcium, Iron.

May contain wheat and soy.



BDT-1005R

**MANUFACTURE DATE :
(MM/DD/YY)**

**EXPIRATION DATE :
(MM/DD/YY)**

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NET WT. 33 LB