

# Nutritional Information

**Product Name: Oat Powder – Organic & Dehydrated**

<b>Ingredient</b>	<b>Per 100 grams</b>	<b>Method</b>
Calories	377	Calculation
Total Fat (g)	4.99	Analytical
Sodium (mg)	116	Analytical
Potassium (mg)	1730	Analytical
Carbohydrates (g)	68.49	Calculation
Dietary Fiber (g)	51.0	Analytical
Sugars (g)	2.38	Analytical
Protein (g)	14.52	Analytical
Vitamin A (IU)	17124.04	Analytical
Vitamin C (mg)	16.35	Analytical
Calcium (mg)	125	Analytical
Iron (mg)	9.75	Analytical

Values are approximate and calculated. This information is presented in good faith. However, due to the variability of raw materials and processing, we cannot guarantee that these values are accurate for any specific lots of product.