



**DI 9FFTR731**

DHARMA INITIATIVE  
**CORN  
FLAKES**

2010011CLF

.81 OZ (23g)



**Nutrition Facts**

Serving Size 1 box (23g)

Calories 90

Calories from Fat 0

Amount/serving	%DV*
<b>Total Fat</b> 0g	<b>0%</b>
Sat. Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carb.</b> 20g	<b>7%</b>
Fiber 1g	3%
Sugars 2g	
<b>Protein</b> 1g	

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

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DHARMA INITIATIVE  
**CORN  
FLAKES**



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DHARMA INITIATIVE  
**CORN  
FLAKES**

2010011CLF

.81 OZ (23g)



**INGREDIENTS:** MILLED CORN, SUGAR, MALT FLAVORING, HIGH FRUCTOSE CORN SYRUP, SALT, IRON, NIACINAMIDE, SODIUM ASCORBATE AND ASCORBIC ACID (VITAMIN C), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), RIBOFLAVIN (VITAMIN B2), THIAMIN HYDROCHLORIDE (VITAMIN B1), VITAMIN A PALMITATE, FOLIC ACID, VITAMIN B12, AND VITAMIN D. TO MAINTAIN QUALITY, BHT HAS BEEN ADDED TO THE PACKAGING.

**ALLERGEN INFORMATION:** CORN USED IN THIS PRODUCT CONTAINS TRACES OF SOYBEANS.





**DI 9FFTR731**

**DHARMA INITIATIVE  
SWEETENED  
PUFFED CORN  
CEREAL**

20100111CLF

.95 OZ (27g)



**Nutrition Facts**

Serving Size 1 box (27g)

Calories 100

Calories from Fat 0

Amount/serving	%DV*
<b>Total Fat</b> 0g	<b>0%</b>
Sat. Fat 0g	0%
Trans Fat 0g	0%
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 100mg	<b>4%</b>
<b>Total Carb.</b> 25g	<b>8%</b>
Fiber 0g	0%
Sugars 11g	
<b>Protein</b> 1g	

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

DI 9FFTR731

**DHARMA INITIATIVE  
SWEETENED  
PUFFED CORN  
CEREAL**



**DI 9FFTR731**

**DHARMA INITIATIVE  
SWEETENED  
PUFFED CORN  
CEREAL**

20100111CLF

.95 OZ (27g)



**INGREDIENTS:** MILLED CORN, SUGAR, CORN SYRUP, MOLASSES, SALT, PARTIALLY HYDROGENATED VEGETABLE OIL (ONE OR MORE OF: COCONUT, COTTONSEED, AND SOYBEAN)\*\*\*†, SODIUM ASCORBATE AND ASCORBIC ACID (VITAMIN C), NIACINAMIDE, ZINC OXIDE, REDUCED IRON, WHEAT STARCH, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), RIBOFLAVIN (VITAMIN B2), THIAMIN HYDROCHLORIDE (VITAMIN B1), VITAMIN A PALMITATE, BHT (PRESERVATIVE), ANNATTO COLOR, FOLIC ACID, VITAMIN D AND VITAMIN B12. \*\*\* ADDS A NEGLIGIBLE AMOUNT OF FAT. †LESS THAN 0.5g TRANS FAT PER SERVING

**ALLERGEN INFORMATION:** CONTAINS WHEAT INGREDIENTS. CORN USED IN THIS PRODUCT CONTAINS TRACES OF SOYBEANS.





**DI 9FFTR731**

**DHARMA INITIATIVE  
SWEETENED  
MULTI-GRAIN  
CEREAL**

20100111CLF

.81 OZ (23g)



**Nutrition Facts**

Serving Size 1 box (23g)

Calories 100

Calories from Fat 0

Amount/serving	%DV*
<b>Total Fat</b> 0g	<b>0%</b>
Sat. Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 170mg	<b>7%</b>
<b>Total Carb.</b> 20g	<b>7%</b>
Fiber 0g	0%
Sugars 2g	
<b>Protein</b> 1g	

DI 9FFTR731

**DHARMA INITIATIVE  
SWEETENED  
MULTI-GRAIN  
CEREAL**



**DI 9FFTR731**

**DHARMA INITIATIVE  
SWEETENED  
MULTI-GRAIN  
CEREAL**

20100111CLF

.81 OZ (23g)



**INGREDIENTS:** MILLED CORN, RICE, BROWN SUGAR, SALT, MALT FLAVORING, BAKING SODA, ASCORBIC ACID (VITAMIN C), IRON, NIACINAMIDE, TURMERIC COLOR, ZINC OXIDE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), RIBOFLAVIN (VITAMIN B2), THIAMIN HYDROCHLORIDE (VITAMIN B1), VITAMIN A PALMITATE, FOLIC ACID, VITAMIN B12 AND VITAMIN D.

**ALLERGEN INFORMATION:** CORN USED IN THIS PRODUCT CONTAINS TRACES OF SOYBEANS.

**HANSO  
FOUNDATION**  
Reaching out to a better tomorrow™





DI 9FFTR731

DHARMA INITIATIVE  
SWEETENED  
MULTI-GRAIN  
CEREAL

20100111CLF

0.95 OZ (27g)



**Nutrition Facts**

Serving Size 1 box (27g)

Calories 100

Calories from Fat 10

Amount/serving	%DV*
Total Fat 1g	2%
Sat. Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carb. 23g	8%
Fiber 3g	10%
Sugars 12g	
Protein 1g	

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

DI 9FFTR731

DHARMA INITIATIVE  
SWEETENED  
MULTI-GRAIN  
CEREAL



DI 9FFTR731

DHARMA INITIATIVE  
SWEETENED  
MULTI-GRAIN  
CEREAL

20100111CLF

0.95 OZ (27g)



**INGREDIENTS:** SUGAR; WHOLE GRAIN CORN FLOUR; WHEAT FLOUR; WHOLE GRAIN OAT FLOUR; OAT FIBER; SOLUBLE CORN FIBER; PARTIALLY HYDROGENATED VEGETABLE OIL (ONE OR MORE OF: COCONUT, SOYBEAN AND/OR COTTONSEED OILS)†; SALT; SODIUM ASCORBATE AND ASCORBIC ACID (VITAMIN C); NIACINAMIDE; REDUCED IRON; NATURAL ORANGE, LEMON, CHERRY, RASPBERRY, BLUEBERRY, LIME AND OTHER NATURAL FLAVORS; RED #40; BLUE #2; TURMERIC COLOR; YELLOW #6; ZINC OXIDE; ANNATTO COLOR; BLUE #1; PYRIDOXINE HYDROCHLORIDE (VITAMIN B6); RIBOFLAVIN (VITAMIN B2); THIAMIN HYDROCHLORIDE (VITAMIN B1); VITAMIN A PALMITATE; BHT (PRESERVATIVE); FOLIC ACID; VITAMIN D; VITAMIN B12.  
† LESS THAN 0.5g TRANS FAT PER SERVING.

**ALLERGEN INFORMATION:** CONTAINS WHEAT INGREDIENTS. CORN USED IN THIS PRODUCT CONTAINS TRACES OF SOYBEANS.





**DI 9FFTR731**

**DHARMA INITIATIVE  
FROSTED  
CORN  
FLAKES**

2010011CLF

1.20 OZ (34g)



**Nutrition Facts**

Serving Size 1 box (34g)

Calories 130

Calories from Fat 0

Amount/serving	%DV*
<b>Total Fat</b> 0g	<b>0%</b>
Sat. Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 170mg	<b>7%</b>
<b>Total Carb.</b> 31g	<b>10%</b>
Fiber 1g	4%
Sugars 13g	
<b>Protein</b> 1g	

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

**DI 9FFTR731**

**DHARMA INITIATIVE  
FROSTED  
CORN  
FLAKES**



**DI 9FFTR731**

**DHARMA INITIATIVE  
FROSTED  
CORN  
FLAKES**

2010011CLF

1.20 OZ (34g)



**INGREDIENTS:** MILLED CORN, SUGAR, MALT FLAVORING, HIGH FRUCTOSE CORN SYRUP, SALT, SODIUM ASCORBATE AND ASCORBIC ACID (VITAMIN C), NIACINAMIDE, IRON, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), RIBOFLAVIN (VITAMIN B2), THIAMIN HYDROCHLORIDE (VITAMIN B1), VITAMIN A PALMITATE, FOLIC ACID, BHT (PRESERVATIVE), VITAMIN B12, AND VITAMIN D.

**ALLERGEN INFORMATION:** CORN USED IN THIS PRODUCT CONTAINS TRACES OF SOYBEANS.

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**DI 9FFTR731**

**DHARMA INITIATIVE  
WHOLE GRAIN  
WHEAT  
CEREAL**

20100111CLF

1.31 OZ (37g)



**Nutrition Facts**

Serving Size 1 box (37g)

Calories 130

Calories from Fat 5

Amount/serving	%DV*
<b>Total Fat</b> .5g	<b>1%</b>
Sat. Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carb.</b> 30g	<b>10%</b>
Fiber 3g	15%
Sugars 8g	
<b>Protein</b> 4g	

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

DI 9FFTR731

**DHARMA INITIATIVE  
WHOLE GRAIN  
WHEAT  
CEREAL**



**DI 9FFTR731**

**DHARMA INITIATIVE  
WHOLE GRAIN  
WHEAT  
CEREAL**

20100111CLF

1.31 OZ (37g)



**INGREDIENTS:** WHOLE GRAIN WHEAT, SUGAR, HIGH FRUCTOSE CORN SYRUP, GELATIN, **VITAMINS AND MINERALS:** REDUCED IRON, NIACINAMIDE, ZINC OXIDE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), RIBOFLAVIN (VITAMIN B2), THIAMIN HYDROCHLORIDE (VITAMIN B1), FOLIC ACID AND VITAMIN B12. TO MAINTAIN QUALITY, BHT HAS BEEN ADDED TO THE PACKAGING.

**ALLERGEN INFORMATION:** CONTAINS WHEAT INGREDIENTS.

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**DI 9FFTR731**

DHARMA INITIATIVE  
**RAISIN  
BRAN**

2010011CLF

1.52 OZ (43g)



**Nutrition Facts**

Serving Size 1 box (43g)

Calories 140

Calories from Fat 10

Amount/serving	%DV*
<b>Total Fat</b> 1g	<b>2%</b>
Sat. Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 260mg	<b>11%</b>
<b>Total Carb.</b> 33g	<b>11%</b>
Fiber 5g	20%
Sugars 14g	
<b>Protein</b> 3g	

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

DI 9FFTR731

DHARMA INITIATIVE  
**RAISIN  
BRAN**



**DI 9FFTR731**

DHARMA INITIATIVE  
**RAISIN  
BRAN**

2010011CLF

1.52 OZ (43g)



**INGREDIENTS:** WHOLE WHEAT, RAISINS, WHEAT BRAN, SUGAR, HIGH FRUCTOSE CORN SYRUP, SALT, MALT FLAVORING, VITAMINS AND MINERALS: NIACINAMIDE, REDUCED IRON, ZINC OXIDE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), RIBOFLAVIN (VITAMIN B2), THIAMIN HYDROCHLORIDE (VITAMIN B1), VITAMIN A PALMITATE, FOLIC ACID, VITAMIN B12 AND VITAMIN D.

**ALLERGEN INFORMATION:** CONTAINS WHEAT INGREDIENTS.

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Sheet Size: 11x8.5-inches – Fits 0.88 OZ Rice Krispies box



DI 9FFTR731

DHARMA INITIATIVE  
TOASTED  
RICE  
CEREAL

2010011CLF

0.88 OZ (25g)



**Nutrition Facts**

Serving Size 1 box (25g)

Calories 100

Calories from Fat 0

Amount/serving %DV\*

Total Fat 0g 0%

Sat. Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 170mg 7%

Total Carb. 22g 7%

Fiber 0g 0%

Sugars 3g

Protein 1g

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

DI 9FFTR731

DHARMA INITIATIVE  
TOASTED  
RICE  
CEREAL



DI 9FFTR731

DHARMA INITIATIVE  
TOASTED  
RICE  
CEREAL

2010011CLF

0.88 OZ (25g)



INGREDIENTS: RICE, SUGAR, SALT, MALT FLAVORING, HIGH FRUCTOSE CORN SYRUP, IRON, ASCORBIC ACID (VITAMIN C), ALPHA TOCOPHEROL ACETATE (VITAMIN E), NIACINAMIDE, VITAMIN A PALMITATE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), RIBOFLAVIN (VITAMIN B2), THIAMIN HYDROCHLORIDE (VITAMIN B1), FOLIC ACID, VITAMIN D, VITAMIN B12. TO MAINTAIN QUALITY, BHT HAS BEEN ADDED TO THE PACKAGING

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**DI 9FFTR731**

**DHARMA INITIATIVE  
LIGHTLY  
TOASTED RICE  
CEREAL**

20100111CLF

0.81 OZ (23g)



**Nutrition Facts**

Serving Size 1 box (23g)

**Calories 90**

Calories from Fat 0

Amount/serving	%DV*
<b>Total Fat</b> 0g	<b>0%</b>
Sat. Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 170mg	<b>7%</b>
<b>Total Carb.</b> 17g	<b>6%</b>
Fiber <1g	2%
Sugars 3g	
<b>Protein</b> 5g	

DI 9FFTR731

**DHARMA INITIATIVE  
LIGHTLY  
TOASTED RICE  
CEREAL**



**DI 9FFTR731**

**DHARMA INITIATIVE  
LIGHTLY  
TOASTED RICE  
CEREAL**

20100111CLF

0.81 OZ (23g)



**INGREDIENTS:** RICE, WHEAT GLUTEN, SUGAR, DEFATTED WHEAT GERM, SALT, HIGH FRUCTOSE CORN SYRUP, DRIED WHEY, MALT FLAVORING, CALCIUM CASEINATE, ASCORBIC ACID (VITAMIN C), ALPHA TOCOPHEROL ACETATE (VITAMIN E), REDUCED IRON, NIACINAMIDE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), RIBOFLAVIN (VITAMIN B2), THIAMIN HYDROCHLORIDE (VITAMIN B1), VITAMIN A PALMITATE, FOLIC ACID AND VITAMIN B12.

**ALLERGEN INFORMATION:** CONTAINS WHEAT AND MILK INGREDIENTS.

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