



## Orgran Cereals

Breakfast foods should be high in whole grains to maintain energy for the busy schedule of the day. Orgran Rice O's are a Nutritious natural breakfast food made from 67% whole grains and 12% protein rich legumes delicately flavoured with natural berry. This combination achieves a balanced, nutritional food for sustained energy and improved well being. Orgran Itsy Bitsy Cocoa O's, part of the 'Kids' range, are made from 73% wholegrain cereal with the addition of psyllium for dietary fibre. This cereal is also naturally gluten free and easier to digest than wheat based cereals.



Community code	1471
Gluten Free	Y
Wheat Free	Y
Dairy Free	Y
Egg Free	Y
Yeast Free	Y
Nut Free	Y
Vegan	Y
Soy Free	Y
Inner barcode	7 20516 02224 1
Outer barcode	6 0720516 02224 3
Unit weight	300g
Case size	6x300g
Unit dimensions h-w-d (mm)	260x190x57
Case dimensions h-w-d (mm)	270x196x352
Country of origin	Australia
RSP £	3.85

Community code	1472
Gluten Free	Y
Wheat Free	Y
Dairy Free	Y
Egg Free	Y
Yeast Free	Y
Nut Free	Y
Vegan	Y
Soy Free	Y
Inner barcode	7 20516 02225 8
Outer barcode	6 0720516 02225 0
Unit weight	300g
Case size	6x300g
Unit dimensions h-w-d (mm)	260x190x57
Case size dimensions h-w-d (mm)	270x196x352
Country of origin	Australia
RSP £	2.99

**Orgran is a world leader and trusted name in natural gluten free nutrition and foods for well being. You can be safe in the knowledge that all Orgran products are wheat free, gluten free, dairy free, egg free, yeast free, GMO free, vegan and Natural.**

Community foods Ltd, Micross, Brent Terrace, London, NW2 1LT Tel:020 8208 2966 Fax:020 8208 2906  
[info@orgran.co.uk](mailto:info@orgran.co.uk) [www.communityfoods.co.uk](http://www.communityfoods.co.uk) [www.orgran.co.uk](http://www.orgran.co.uk)

