





# ABOUT US

We make natural food products of excellent quality more attainable for people in Asia, Europe and Middle East. Since its foundation company 8Foods strives to provide food products that really change client's way of living in the wide sense! In the world overfilled with millions of products that are unhealthy for people and destructive to the planet, where producers do not follow the standards thinking about only profit, we are working hard to create and enlarge the oasis of all good common to all mankind values and prudently care about the environment.

## **Our goals:**

- Improve the health of humans and the environment;
- Supply natural products of excellent quality at affordable price;
- Provide our customers finest and quick service.



# WE OFFER



100% natural products of excellent quality. It is our motto and we really are the experts in supply the best natural products to the markets. We work with verified producers with perfect reputation



Rich experience Our employees work with natural products during 11 years already. And our job is the biggest source of energy for us – when we see people smiling when they taste our products.



Quality control For our products we take thoroughly selected ingredients and continue to control quality through the whole production process. Fruits, berries and grains for our products grew in the naturally rich soil, have portion of summer sun energy and plenty of our loving care.



# GRANOLA



## GRANOLA ELITE

**Ingredients:** baked mixture 85% (oats flakes, sugar, rice balls (rice-flour, wheat flour, sugar, salt, leaven, baking soda), palm olein, honey), filler in variable proportion 15% (raisins 5,0%, dried apricots 3,0%, almonds 2,6%, cranberries 2,2%, hazelnuts 2,2%). Contains gluten, may contain traces of lactose, peanuts, sesame and conversion products of soy.

### Nutrition facts:

nutritional value in 100 g of product  
serving size (50 g)  
servings per pack about 6

|                   | 100 g   | 50 g    | % DV* |
|-------------------|---------|---------|-------|
| Calories          | 357     | 178,5   | 8,9   |
| Calories from fat | 57,6    | 28,8    |       |
| Vitamin A         | 0,1 mg  | 0,1 mg  | 0,0   |
| Vitamin C         | 0,4 mg  | 0,2 mg  | 0,3   |
| Calcium           | 49,4 mg | 24,7 mg | 2,2   |
| Iron              | 2,6 mg  | 1,3 mg  | 9,3   |
| Fat               | 6,4     | 3,2     | 4,9   |
| Saturated         | 2,1     | 1,1     | 5,3   |
| Trans             | 0       | 0,0     |       |
| Cholesterol       | 0       | 0,0     |       |
| Sodium            | 18,6 mg | 9,3 mg  | 0,4   |
| Carbohydrate      | 68      | 34,0    | 11,3  |
| Fibre             | 6,2     | 3,1     | 12,4  |
| Sugars            | 22,67   | 11,3    |       |
| Protein           | 6,9     | 3,5     | 6,2   |

\*% Daily Value

\*Packaged in doypack with zip-lock. Net weight 300g



## GRANOLA ACTIVE

**Ingredients:** baked mixture 85 % (oats flakes, sugar, rice balls (rice-flour, wheat flour, sugar, salt, leaven, baking soda), palm olein, honey), filler in variable proportion 15% (apples 6%, cranberries 6%, almonds 3%). Contains gluten, may contain traces of lactose, peanuts, sesame and conversion products of soy.

### Nutrition facts:

nutritional value in 100 g of product  
serving size (50 g)  
servings per pack about 6

|                   | 100 g   | 50 g   | % DV* |
|-------------------|---------|--------|-------|
| Calories          | 355,2   | 177,6  | 8,9   |
| Calories from fat | 57,6    | 28,8   |       |
| Vitamin A         | 0 mg    | 0,0mg  | 0,0   |
| Vitamin C         | 0,3mg   | 0,2mg  | 0,3   |
| Calcium           | 54,4 mg | 27,2mg | 2,5   |
| Iron              | 3,1 mg  | 1,6mg  | 11,1  |

\*% Daily Value



## GRANOLA TROPIC

**Ingredients:** baked mixture 85% (oats flakes, sugar, chip coconut, rice balls (rice, wheat flour, sugar, salt, leaven, baking soda), palm olein, honey), filler in variable proportion 15% (banana crisps 3,75%, dried dates 3,75%, candied pineapples 3,75%, candied mango 3,75%). Contains gluten, may contain traces of lactose, peanuts, sesame and conversion products of soy.

### Nutrition facts:

nutritional value in 100 g of product  
serving size (50 g)  
servings per pack about 6

|                   | 100 g  | 50 g   | % DV* |
|-------------------|--------|--------|-------|
| Calories          | 368,5  | 184,3  | 9,2   |
| Calories from fat | 59,4   | 29,7   |       |
| Vitamin A         | 0 mg   | 0,0mg  | 0,0   |
| Vitamin C         | 0,1 mg | 0,1 mg | 0,1   |
| Calcium           | 32 mg  | 16,0mg | 1,5   |
| Iron              | 2,1 mg | 1,1 mg | 7,5   |

\*% Daily Value



## GRANOLA HEALTH

**Ingredients:** baked mixture 85% (oats flakes, sugar, honey, rice balls (rice-flour, wheat flour, sugar, salt, leaven, baking soda), palm olein, honey), filler in variable proportion 15% (raisins 10%, almonds 5%). Contains gluten, may contain traces of lactose, peanuts, sesame and conversion products of soy.

### Nutrition facts:

nutritional value in 100 g of product  
serving size (50 g)  
servings per pack about 6

|                   | 100 g   | 50 g    | % DV* |
|-------------------|---------|---------|-------|
| Calories          | 370,7   | 185,4   | 9,3   |
| Calories from fat | 63,9    | 32,0    |       |
| Vitamin A         | 0 mg    | 0,0mg   | 0,0   |
| Vitamin C         | 0,5 mg  | 0,3 mg  | 0,4   |
| Calcium           | 48,7 mg | 24,4 mg | 2,2   |
| Iron              | 2,4 mg  | 1,2 mg  | 8,6   |

\*% Daily Value

|              | 100 g   | 50 g    | % DV* |
|--------------|---------|---------|-------|
| Fat          | 7,1     | 3,6     | 5,5   |
| Saturated    | 2       | 1,0     | 5,0   |
| Trans        | 0       | 0,0     |       |
| Cholesterol  | 0       | 0,0     |       |
| Sodium       | 23,9 mg | 12,0 mg | 0,5   |
| Carbohydrate | 70,1    | 35,1    | 11,7  |
| Fibre        | 5,1     | 2,6     | 10,2  |
| Sugars       | 11,3    | 5,7     |       |
| Protein      | 6,6     | 3,3     | 5,9   |



## GRANOLA CRISPY

**Ingredients:** baked mixture 85 % (oats flakes, sugar, honey, rice balls (rice-flour, wheat flour, sugar, salt, leaven, baking soda), palm olein), almonds 15%. Contains gluten, may contain traces of lactose, peanuts, sesame and conversion products of soy.

### Nutrition facts:

nutritional value in 100 g of product  
serving size (50 g)  
servings per pack about 6

|                   | 100 g  | 50 g   | % DV* |
|-------------------|--------|--------|-------|
| Calories          | 404,9  | 202,5  | 10,1  |
| Calories from fat | 108,9  | 54,5   |       |
| Vitamin A         | 0 mg   | 0,0mg  | 0,0   |
| Vitamin C         | 0,7 mg | 0,4 mg | 0,6   |
| Calcium           | 68 mg  | 34,0mg | 3,1   |
| Iron              | 2,5 mg | 1,3 mg | 8,9   |

|              | 100 g  | 50 g  | % DV* |
|--------------|--------|-------|-------|
| Fat          | 12,1   | 6,1   | 9,3   |
| Saturated    | 2,5    | 1,3   | 6,3   |
| Trans        | 0      | 0,0   |       |
| Cholesterol  | 0      | 0,0   |       |
| Sodium       | 13,2mg | 6,6mg | 0,3   |
| Carbohydrate | 65,4   | 32,7  | 10,9  |
| Fibre        | 4,8    | 2,4   | 9,6   |
| Sugars       | 11,33  | 5,7   |       |
| Protein      | 8,6    | 4,3   | 7,7   |

\*% Daily Value



## GRANOLA LIGHT

**Ingredients:** baked mixture 85% (oats flakes, sugar, rice balls (rice-flour, wheat flour, sugar, salt, leaven, baking soda), palm olein, honey), raisins 15%. Contains gluten, may contain traces of lactose, peanuts, sesame and conversion products of soy.

### Nutrition facts:

nutritional value in 100 g of product  
serving size (50 g)  
servings per pack about 6

|                   | 100 g   | 50 g   | % DV* |
|-------------------|---------|--------|-------|
| Calories          | 361,3   | 180,7  | 9,0   |
| Calories from fat | 44,1    | 22,1   |       |
| Vitamin A         | 0 mg    | 0,0mg  | 0,0   |
| Vitamin C         | 0 mg    | 0,0mg  | 0,0   |
| Calcium           | 41,9 mg | 21,0mg | 1,9   |
| Iron              | 2,6 mg  | 1,3 mg | 9,3   |

\*% Daily Value



## GRANOLA ENERGY

**Ingredients:** baked mixture 85% (oats flakes, sugar, rice balls (rice-flour, wheat flour, sugar, salt, leaven, baking soda), palm olein, honey), filler in variable proportion 15% (hazelnuts 7,5%, almonds 7,5%). Contains gluten, may contain traces of lactose, peanuts, sesame and conversion products of soy.

### Nutrition facts:

nutritional value in 100 g of product  
serving size (50 g)  
servings per pack about 6

|                   | 100 g   | 50 g   | % DV* |
|-------------------|---------|--------|-------|
| Calories          | 419,7   | 209,9  | 10,5  |
| Calories from fat | 123,3   | 61,7   |       |
| Vitamin A         | 0 mg    | 0,0mg  | 0,0   |
| Vitamin C         | 0,2 mg  | 0,1 mg | 0,3   |
| Calcium           | 63,1 mg | 31,6mg | 2,9   |
| Iron              | 2,7 mg  | 1,4 mg | 9,6   |

|              | 100 g  | 50 g   | % DV* |
|--------------|--------|--------|-------|
| Fat          | 13,7   | 6,9    | 10,5  |
| Saturated    | 2,5    | 1,3    | 6,3   |
| Trans        | 0      | 0,0    |       |
| Cholesterol  | 0      | 0,0    |       |
| Sodium       | 12,8mg | 6,4 mg | 0,3   |
| Carbohydrate | 64,8   | 32,4   | 10,8  |
| Fibre        | 6,6    | 3,3    | 13,2  |
| Sugars       | 22,67  | 11,3   |       |
| Protein      | 9,3    | 4,7    | 8,3   |

\*% Daily Value

# INSTANT OATMEAL



## INSTANT OATMEAL

**Ingredients:** oat-flakes 100%. Contains gluten.

**Nutrition facts:**

nutritional value in 100 g of product  
serving size (50 g)  
servings per pack about 7

|                   | 100 g | 50 g   | % DV* |
|-------------------|-------|--------|-------|
| Calories          | 355   | 177,5  | 8,9   |
| Calories from fat | 54    | 27,0   |       |
| Vitamin A         | 0 mg  | 0,0mg  | 0,0   |
| Vitamin C         | 0 mg  | 0,0mg  | 0,0   |
| Calcium           | 52 mg | 26,0mg | 2,4   |
| Iron              | 3,6mg | 1,8 mg | 12,9  |
|                   | 100 g | 50 g   | % DV* |
| Fat               | 6     | 3,0    | 4,6   |
| Saturated         | 1     | 0,5    | 2,5   |
| Trans             | 0     | 0,0    |       |
| Cholesterol       | 0     | 0,0    |       |
| Sodium            | 20 mg | 10,0mg | 0,4   |
| Carbohydrate      | 65,5  | 32,4   | 10,9  |
| Fibre             | 10,7  | 5,4    | 21,4  |
| Sugars            | 0     | 0,0    |       |
| Protein           | 12,7  | 6,4    | 11,3  |

\*% Daily Value

\*Packaged in doypack with zip-lock. Net weight 350g



## INSTANT OATMEAL (FRUIT MIX)

**Ingredients:** oat-flakes 85%, raisins 4,2%, dried strawberries 3,6%, dried apples 3,6%, dried bananas 3,6%. Contains gluten, may contain traces of lactose, peanuts, sesame and conversion products of soy.

**Nutrition facts:**  
nutritional value in 100 g of product  
serving size (50 g)  
servings per pack about 7

|                   | 100 g   | 50 g    | % DV* |
|-------------------|---------|---------|-------|
| Calories          | 329,3   | 164,7   | 8,2   |
| Calories from fat | 29,7    | 14,9    |       |
| Vitamin A         | 0 mg    | 0,0 mg  | 0,0   |
| Vitamin C         | 0,2 mg  | 0,1 mg  | 0,2   |
| Calcium           | 53,3 mg | 26,7 mg | 2,4   |
| Iron              | 3,5 mg  | 1,8 mg  | 12,5  |

|              | 100 g   | 50 g    | % DV* |
|--------------|---------|---------|-------|
| Fat          | 3,3     | 1,7     | 2,5   |
| Saturated    | 0,9     | 0,5     | 2,3   |
| Trans        | 0       | 0,0     |       |
| Cholesterol  | 0       | 0,0     |       |
| Sodium       | 24,1 mg | 12,1 mg | 0,5   |
| Carbohydrate | 65,3    | 32,7    | 10,9  |
| Fibre        | 9,5     | 4,8     | 19,0  |
| Sugars       | 0       | 0,0     |       |
| Protein      | 9,6     | 4,8     | 8,6   |

\*% Daily Value



## INSTANT OATMEAL (NUTS & SEEDS)

**Ingredients:** oat-flakes 85%, sunflower seeds 5%, linen seeds 4%, pumpkin seeds 4%, hazelnut 2%. Contains gluten, may contain traces of lactose, peanuts, sesame and conversion products of soy.

**Nutrition facts:**  
nutritional value in 100 g of product  
serving size (50 g)  
servings per pack about 7

|                   | 100 g   | 50 g    | % DV* |
|-------------------|---------|---------|-------|
| Calories          | 359,9   | 180,0   | 9,0   |
| Calories from fat | 63,9    | 32,0    |       |
| Vitamin A         | 0 mg    | 0,0 mg  | 0,0   |
| Vitamin C         | 0,1 mg  | 0,1 mg  | 0,1   |
| Calcium           | 63,4 mg | 31,7 mg | 2,9   |
| Iron              | 4,2 mg  | 2,1 mg  | 15,0  |

|              | 100 g   | 50 g   | % DV* |
|--------------|---------|--------|-------|
| Fat          | 7,1     | 3,6    | 5,5   |
| Saturated    | 1,5     | 0,8    | 3,8   |
| Trans        | 0       | 0,0    |       |
| Cholesterol  | 0       | 0,0    |       |
| Sodium       | 19,4 mg | 9,7 mg | 0,4   |
| Carbohydrate | 69,8    | 34,9   | 10,3  |
| Fibre        | 10,8    | 5,4    | 21,6  |
| Sugars       | 0       | 0,0    |       |
| Protein      | 12,3    | 6,2    | 11,0  |

\*% Daily Value



## INSTANT OATMEAL (BANANAS)

**Ingredients:** oat-flakes 85%, bananas 15%.  
Contains gluten, may contain traces of lactose,  
peanuts, sesame and conversion products of soy.

**Nutrition facts:**  
nutritional value in 100 g of product  
serving size (50 g)  
servings per pack about 7

|                   | 100 g   | 50 g    | % DV* |
|-------------------|---------|---------|-------|
| Calories          | 371,7   | 185,9   | 9,3   |
| Calories from fat | 83,7    | 41,9    |       |
| Vitamin A         | 0 mg    | 0,0 mg  | 0,0   |
| Vitamin C         | 0,2 mg  | 0,1 mg  | 0,2   |
| Calcium           | 45,4 mg | 22,7 mg | 2,1   |
| Iron              | 3,2 mg  | 1,6 mg  | 11,4  |

|              | 100 g   | 50 g    | % DV* |
|--------------|---------|---------|-------|
| Fat          | 9,3     | 4,7     | 7,2   |
| Saturated    | 0,9     | 0,5     | 2,3   |
| Trans        | 0       | 0,0     |       |
| Cholesterol  | 0       | 0,0     |       |
| Sodium       | 21,7 mg | 10,9 mg | 0,5   |
| Carbohydrate | 59      | 29,5    | 9,8   |
| Fibre        | 9,4     | 4,7     | 18,8  |
| Sugars       | 0       | 0,0     |       |
| Protein      | 13      | 6,5     | 11,6  |

\*% Daily Value



## INSTANT OATMEAL (STRAWBERRIES, BLUEBERRIES & RASPBERRIES)

**Ingredients:** oat-flakes 85%, strawberries 5%,  
blueberries 5%, raspberries 5%. Contains  
gluten, may contain traces of lactose, peanuts,  
sesame and conversion products of soy.

**Nutrition facts:**  
nutritional value in 100 g of product  
serving size (50 g)  
servings per pack about 7

|                   | 100 g   | 50 g    | % DV* |
|-------------------|---------|---------|-------|
| Calories          | 308,4   | 154,2   | 7,7   |
| Calories from fat | 21,6    | 10,8    |       |
| Vitamin A         | 0 mg    | 0,0 mg  | 0,0   |
| Vitamin C         | 0,3 mg  | 0,2 mg  | 0,3   |
| Calcium           | 58,1 mg | 29,1 mg | 2,6   |
| Iron              | 3,6 mg  | 1,8 mg  | 12,9  |

|              | 100 g   | 50 g    | % DV* |
|--------------|---------|---------|-------|
| Fat          | 2,4     | 1,2     | 1,8   |
| Saturated    | 0,9     | 0,5     | 2,3   |
| Trans        | 0       | 0,0     |       |
| Cholesterol  | 0       | 0,0     |       |
| Sodium       | 21,4 mg | 10,7 mg | 0,4   |
| Carbohydrate | 61,6    | 30,8    | 10,3  |
| Fibre        | 9,6     | 4,8     | 19,2  |
| Sugars       | 0       | 0,0     |       |
| Protein      | 10,1    | 5,1     | 9,0   |

\*% Daily Value



## INSTANT OATMEAL (APPLES, CINNAMON)

**Ingredients:** oat-flakes 85%, apples 14%, cinnamon 1%. Contains gluten, may contain traces of lactose, peanuts, sesame and conversion products of soy.

### Nutrition facts:

nutritional value in 100 g of product  
serving size (50 g)  
servings per pack about 7

|                   | 100 g   | 50 g    | % DV* |
|-------------------|---------|---------|-------|
| Calories          | 317,8   | 158,9   | 7,9   |
| Calories from fat | 19,8    | 9,9     |       |
| Vitamin A         | 0 mg    | 0,0 mg  | 0,0   |
| Vitamin C         | 0,3 mg  | 0,2 mg  | 0,3   |
| Calcium           | 59,7 mg | 29,9 mg | 2,7   |
| Iron              | 3,9 mg  | 2,0 mg  | 13,9  |

|              | 100 g   | 50 g   | % DV* |
|--------------|---------|--------|-------|
| Fat          | 2,2     | 1,1    | 1,7   |
| Saturated    | 0,9     | 0,5    | 2,3   |
| Trans        | 0       | 0,0    |       |
| Cholesterol  | 0       | 0,0    |       |
| Sodium       | 18,7 mg | 9,4 mg | 0,4   |
| Carbohydrate | 64,8    | 32,4   | 10,8  |
| Fibre        | 9,5     | 4,8    | 19,0  |
| Sugars       | 0       | 0,0    |       |
| Protein      | 9,6     | 4,8    | 8,6   |

\*% Daily Value



## INSTANT OATMEAL (PEACHES, ALMONDS)

**Ingredients:** oat-flakes 85%, peaches 10%, almonds 5%. Contains gluten, may contain traces of lactose, peanuts, sesame and conversion products of soy.

### Nutrition facts:

nutritional value in 100 g of product  
serving size (50 g)  
servings per pack about 7

|                   | 100 g  | 50 g    | % DV* |
|-------------------|--------|---------|-------|
| Calories          | 334,3  | 167,2   | 8,4   |
| Calories from fat | 42,3   | 21,2    |       |
| Vitamin A         | 0 mg   | 0,0 mg  | 0,0   |
| Vitamin C         | 0,1 mg | 0,1 mg  | 0,1   |
| Calcium           | 59 mg  | 29,5 mg | 2,7   |
| Iron              | 3,3 mg | 1,7 mg  | 11,8  |

|              | 100 g   | 50 g   | % DV* |
|--------------|---------|--------|-------|
| Fat          | 4,7     | 2,4    | 3,6   |
| Saturated    | 1,1     | 0,6    | 2,8   |
| Trans        | 0       | 0,0    |       |
| Cholesterol  | 0       | 0,0    |       |
| Sodium       | 18,9 mg | 9,5 mg | 0,4   |
| Carbohydrate | 62,3    | 31,2   | 10,4  |
| Fibre        | 9,1     | 4,6    | 18,2  |
| Sugars       | 0       | 0,0    |       |
| Protein      | 10,7    | 5,4    | 9,6   |

\*% Daily Value



## INSTANT OATMEAL (APPLES, PEARS)

**Ingredients:** oat-flakes 85%, apples 7,5%, pears 7,5%. Contains gluten, may contain traces of lactose, peanuts, sesame and conversion products of soy.

### Nutrition facts:

nutritional value in 100 g of product  
serving size (50 g)  
servings per pack about 7

|                   | 100 g   | 50 g    | % DV* |
|-------------------|---------|---------|-------|
| Calories          | 324,9   | 162,5   | 8,1   |
| Calories from fat | 18,9    | 9,5     |       |
| Vitamin A         | 0 mg    | 0,0 mg  | 0,0   |
| Vitamin C         | 0,8 mg  | 0,4 mg  | 0,7   |
| Calcium           | 60,6 mg | 30,3 mg | 2,8   |
| Iron              | 3,6 mg  | 1,8 mg  | 12,9  |

|              | 100 g   | 50 g   | % DV* |
|--------------|---------|--------|-------|
| Fat          | 2,1     | 1,1    | 1,6   |
| Saturated    | 0,9     | 0,5    | 2,3   |
| Trans        | 0       | 0,0    |       |
| Cholesterol  | 0       | 0,0    |       |
| Sodium       | 18,5 mg | 9,3 mg | 0,4   |
| Carbohydrate | 67,1    | 33,6   | 11,2  |
| Fibre        | 9,8     | 4,9    | 19,6  |
| Sugars       | 0       | 0,0    |       |
| Protein      | 9,4     | 4,7    | 8,4   |

\*% Daily Value



## INSTANT OATMEAL (ALMONDS, BLUEBERRIES)

**Ingredients:** oat-flakes 85%, blueberries 10%, almonds 5%. Contains gluten, may contain traces of lactose, peanuts, sesame and conversion products of soy.

**Nutrition facts:**  
nutritional value in 100 g of product  
serving size (50 g)  
servings per pack about 7

|                   | 100 g  | 50 g    | % DV* |
|-------------------|--------|---------|-------|
| Calories          | 342,8  | 171,4   | 8,6   |
| Calories from fat | 43,2   | 21,6    |       |
| Vitamin A         | 0 mg   | 0,0mg   | 0,0   |
| Vitamin C         | 0,9 mg | 0,5mg   | 0,8   |
| Calcium           | 59,3mg | 29,7 mg | 2,7   |
| Iron              | 3,9 mg | 2,0 mg  | 13,9  |

|              | 100 g  | 50 g   | % DV* |
|--------------|--------|--------|-------|
| Fat          | 4,8    | 2,4    | 3,7   |
| Saturated    | 1,1    | 0,6    | 2,8   |
| Trans        | 0      | 0,0    |       |
| Cholesterol  | 0      | 0,0    |       |
| Sodium       | 18,7mg | 9,4 mg | 0,4   |
| Carbohydrate | 64,5   | 32,3   | 10,8  |
| Fibre        | 9,3    | 4,7    | 18,6  |
| Sugars       | 0      | 0,0    |       |
| Protein      | 10,4   | 5,2    | 9,3   |

\*% Daily Value

## INSTANT OATMEAL (CRANBERRIES, APPLES)

**Ingredients:** oat-flakes 85%, apples 7,5%, cranberries 7,5%. Contains gluten, may contain traces of lactose, peanuts, sesame and conversion products of soy.

**Nutrition facts:**  
nutritional value in 100 g of product  
serving size (50 g)  
servings per pack about 7

|                   | 100 g  | 50 g    | % DV* |
|-------------------|--------|---------|-------|
| Calories          | 321,4  | 160,7   | 8,0   |
| Calories from fat | 19,8   | 9,9     |       |
| Vitamin A         | 0 mg   | 0,0mg   | 0,0   |
| Vitamin C         | 0,8 mg | 0,4 mg  | 0,7   |
| Calcium           | 53,6mg | 26,8 mg | 2,4   |
| Iron              | 4 mg   | 2,0 mg  | 14,3  |

|              | 100 g  | 50 g   | % DV* |
|--------------|--------|--------|-------|
| Fat          | 2,2    | 1,1    | 1,7   |
| Saturated    | 0,9    | 0,5    | 2,3   |
| Trans        | 0      | 0,0    |       |
| Cholesterol  | 0      | 0,0    |       |
| Sodium       | 18,8mg | 9,4 mg | 0,4   |
| Carbohydrate | 66     | 33,0   | 11,0  |
| Fibre        | 9,5    | 4,8    | 19,0  |
| Sugars       | 0      | 0,0    |       |
| Protein      | 9,4    | 4,7    | 8,4   |

\*% Daily Value

## INSTANT OATMEAL (BANANAS, RAISINS)

**Ingredients:** oat-flakes 85%, banana crisps 7,5%, raisins 7,5%. Contains gluten, may contain traces of lactose, peanuts, sesame and conversion products of soy.

**Nutrition facts:**  
nutritional value in 100 g of product  
serving size (50 g)  
servings per pack about 7

|                   | 100 g  | 50 g    | % DV* |
|-------------------|--------|---------|-------|
| Calories          | 347    | 173,5   | 8,7   |
| Calories from fat | 52,2   | 26,1    |       |
| Vitamin A         | 0 mg   | 0,0mg   | 0,0   |
| Vitamin C         | 0,1 mg | 0,1 mg  | 0,1   |
| Calcium           | 50,8mg | 25,4 mg | 2,3   |
| Iron              | 3,3mg  | 1,7 mg  | 11,8  |

|              | 100 g  | 50 g    | % DV* |
|--------------|--------|---------|-------|
| Fat          | 5,8    | 2,9     | 4,5   |
| Saturated    | 0,9    | 0,5     | 2,3   |
| Trans        | 0      | 0,0     |       |
| Cholesterol  | 0      | 0,0     |       |
| Sodium       | 28,1mg | 14,1 mg | 0,6   |
| Carbohydrate | 62,4   | 31,2    | 10,4  |
| Fibre        | 9,5    | 4,8     | 19,0  |
| Sugars       | 0      | 0,0     |       |
| Protein      | 11,3   | 5,7     | 10,1  |

\*% Daily Value



## QUICK BARLEY

**Ingredients:** barley flakes 100%. Contains gluten, may contain traces of lactose, peanuts, sesame and conversion products of soy.

### Nutrition facts:

nutritional value in 100 g of product  
serving size (50 g)  
servings per pack about 7

|                   | 100 g  | 50 g    | % DV* |
|-------------------|--------|---------|-------|
| Calories          | 324    | 162,0   | 8,1   |
| Calories from fat | 11,7   | 5,9     |       |
| Vitamin A         | 0 mg   | 0,0 mg  | 0,0   |
| Vitamin C         | 0 mg   | 0,0 mg  | 0,0   |
| Calcium           | 80 mg  | 40,0 mg | 3,6   |
| Iron              | 1,8 mg | 0,9 mg  | 6,4   |

|              | 100 g | 50 g   | % DV* |
|--------------|-------|--------|-------|
| Fat          | 1,3   | 0,7    | 1,0   |
| Saturated    | 0,4   | 0,2    | 1,0   |
| Trans        | 0     | 0,0    |       |
| Cholesterol  | 0     | 0,0    |       |
| Sodium       | 15 mg | 7,5 mg | 0,3   |
| Carbohydrate | 65,2  | 32,6   | 10,9  |
| Fibre        | 4,3   | 2,2    | 8,6   |
| Sugars       | 0     | 0,0    |       |
| Protein      | 10    | 5,0    | 8,9   |

\*% Daily Value



## INSTANT OATMEAL (RAISINS)

**Ingredients:** oat-flakes 85%, raisins 15%. Contains gluten, may contain traces of lactose, peanuts, sesame and conversion products of soy.

### Nutrition facts:

nutritional value in 100 g of product  
serving size (50 g)  
servings per pack about 7

|                   | 100 g   | 50 g    | % DV* |
|-------------------|---------|---------|-------|
| Calories          | 321,4   | 160,7   | 8,0   |
| Calories from fat | 19,8    | 19,9    |       |
| Vitamin A         | 0 mg    | 0,0 mg  | 0,0   |
| Vitamin C         | 0 mg    | 0,0 mg  | 0,0   |
| Calcium           | 56,2 mg | 28,1 mg | 2,6   |
| Iron              | 3,5 mg  | 1,8 mg  | 12,5  |

|              | 100 g   | 50 g    | % DV* |
|--------------|---------|---------|-------|
| Fat          | 2,2     | 1,1     | 1,7   |
| Saturated    | 0,9     | 0,5     | 2,3   |
| Trans        | 0       | 0,0     |       |
| Cholesterol  | 0       | 0,0     |       |
| Sodium       | 34,6 mg | 17,3 mg | 0,7   |
| Carbohydrate | 65,9    | 33,0    | 11,0  |
| Fibre        | 9,6     | 4,8     | 19,2  |
| Sugars       | 0       | 0,0     |       |
| Protein      | 9,5     | 4,8     | 8,5   |

\*% Daily Value



## INSTANT GRAIN MIX

**Ingredients:** oat-flakes 34%, barley flakes 33%, wheat flakes 33%. Contains gluten, may contain traces of lactose, peanuts, sesame and conversion products of soy.

### Nutrition facts:

nutritional value in 100 g of product  
serving size (50 g)  
servings per pack about 7

|                   | 100 g   | 50 g    | % DV* |
|-------------------|---------|---------|-------|
| Calories          | 332     | 166,0   | 8,3   |
| Calories from fat | 25      | 12,6    |       |
| Vitamin A         | 0 mg    | 0,0 mg  | 0,0   |
| Vitamin C         | 0 mg    | 0,0 mg  | 0,0   |
| Calcium           | 44,1 mg | 22,1 mg | 2,0   |
| Iron              | 3,4 mg  | 1,7 mg  | 12,1  |

|              | 100 g    | 50 g   | % DV* |
|--------------|----------|--------|-------|
| Fat          | 2,8      | 1,4    | 2,2   |
| Saturated    | 0,6      | 0,3    | 1,5   |
| Trans        | 0        | 0,0    |       |
| Cholesterol  | 0        | 0,0    |       |
| Sodium       | 11,75 mg | 5,9 mg | 0,2   |
| Carbohydrate | 64,2     | 32,1   | 10,7  |
| Fibre        | 5,8      | 2,9    | 11,6  |
| Sugars       | 0        | 0,0    |       |
| Protein      | 11,4     | 5,7    | 10,2  |

\*% Daily Value

# LOGISTICS

| Product Name  | Packaging | Box        | Weight of 1 pack | Q-ty of packs | Net Weight in a box | Gross Weight | Shelf life | Q-ty of boxes on pallet 1200x800 | Q-ty of boxes in 20' dv container | Q-ty of boxes in 40' HC container | Size of box | Q-ty of pieces in 20ft | Q-ty of pieces in 40ft |
|---|-----------|------------|------------------|---------------|---------------------|--------------|------------|----------------------------------|-----------------------------------|-----------------------------------|-------------|------------------------|------------------------|
| <b>OATS</b>   |           |            |                  |               |                     |              |            |                                  | <i>w/o pallets</i>                |                                   |             |                        |                        |
| EXPRESS (rolled oats)                                 | Doypack   | Carton box | 0,350            | 20            | 7                   | 7,540        | 12         | 48                               | 930                               | 2240                              | 330*300*333 | 18640                  | 44800                  |
| Fruit mix (banana, apple, raisins, strawberry)        | Doypack   | Carton box | 0,350            | 20            | 7                   | 7,540        | 12         | 48                               | 930                               | 2240                              | 330*300*333 | 18640                  | 44800                  |
| Nuts & Seeds  | Doypack   | Carton box | 0,350            | 20            | 7                   | 7,540        | 12         | 48                               | 930                               | 2240                              | 330*300*333 | 18640                  | 44800                  |
| Bananas   | Doypack   | Carton box | 0,350            | 20            | 7                   | 7,540        | 12         | 48                               | 930                               | 2240                              | 330*300*333 | 18640                  | 44800                  |
| Summer Berry (strawberry, raspberry, blueberry)       | Doypack   | Carton box | 0,350            | 20            | 7                   | 7,540        | 12         | 48                               | 930                               | 2240                              | 330*300*333 | 18640                  | 44800                  |
| Apples and Cinnamon                                   | Doypack   | Carton box | 0,350            | 20            | 7                   | 7,540        | 12         | 48                               | 930                               | 2240                              | 330*300*333 | 18640                  | 44800                  |
| Peaches and Almond                                    | Doypack   | Carton box | 0,350            | 20            | 7                   | 7,540        | 12         | 48                               | 930                               | 2240                              | 330*300*333 | 18640                  | 44800                  |
| Apples and Pears                                      | Doypack   | Carton box | 0,350            | 20            | 7                   | 7,540        | 12         | 48                               | 930                               | 2240                              | 330*300*333 | 18640                  | 44800                  |
| Almond and Blueberry                                  | Doypack   | Carton box | 0,350            | 20            | 7                   | 7,540        | 12         | 48                               | 930                               | 2240                              | 330*300*333 | 18640                  | 44800                  |
| Cranberries & Apples                                  | Doypack   | Carton box | 0,350            | 20            | 7                   | 7,540        | 12         | 48                               | 930                               | 2240                              | 330*300*333 | 18640                  | 44800                  |
| Bananas & Raisins                                     | Doypack   | Carton box | 0,350            | 20            | 7                   | 7,540        | 12         | 48                               | 930                               | 2240                              | 330*300*333 | 18640                  | 44800                  |
| Barley quick  | Doypack   | Carton box | 0,350            | 20            | 7                   | 7,540        | 12         | 48                               | 930                               | 2240                              | 330*300*333 | 18640                  | 44800                  |
| Raisins   | Doypack   | Carton box | 0,350            | 20            | 7                   | 7,540        | 12         | 48                               | 930                               | 2240                              | 330*300*333 | 18640                  | 44800                  |
| GRAIN MIX (roled oats, barley, wheat)                 | Doypack   | Carton box | 0,350            | 20            | 7                   | 7,540        | 12         | 48                               | 930                               | 2240                              | 330*300*333 | 18640                  | 44800                  |
| <b>GRANOLA</b>  |           |            |                  |               |                     |              |            |                                  | <i>w/o pallets</i>                |                                   |             |                        |                        |
| Elite (hazelnut, cranberry, raisins, almond, apricot) | Doypack   | Carton box | 0,300            | 20            | 6                   | 6,540        | 12         | 48                               | 930                               | 2240                              | 330*300*333 | 18640                  | 44800                  |
| Active (apples, cranberries & almond)                 | Doypack   | Carton box | 0,300            | 20            | 6                   | 6,540        | 12         | 48                               | 930                               | 2240                              | 330*300*333 | 18640                  | 44800                  |
| Tropic (pineapple, banana, mango, dried dates)        | Doypack   | Carton box | 0,300            | 20            | 6                   | 6,540        | 12         | 48                               | 930                               | 2240                              | 330*300*333 | 18640                  | 44800                  |
| Health (Honey Almond & Raisins)                       | Doypack   | Carton box | 0,300            | 20            | 6                   | 6,540        | 12         | 48                               | 930                               | 2240                              | 330*300*333 | 18640                  | 44800                  |
| Crispy (Honey Almond)                                 | Doypack   | Carton box | 0,300            | 20            | 6                   | 6,540        | 12         | 48                               | 930                               | 2240                              | 330*300*333 | 18640                  | 44800                  |
| Light (Raisins)                                       | Doypack   | Carton box | 0,300            | 20            | 6                   | 6,540        | 12         | 48                               | 930                               | 2240                              | 330*300*333 | 18640                  | 44800                  |
| Energy (almond, hazelnut, caramel)                    | Doypack   | Carton box | 0,300            | 20            | 6                   | 6,540        | 12         | 48                               | 930                               | 2240                              | 330*300*333 | 18640                  | 44800                  |