

and									
			Go	Free Corn Flakes				375g	
esponsible for this NI Number	s Data		E	Brand Manager				144	
				V0654E22A				V14	
ACK PANEL	ITEM	POSITION	CONTROLLED COPY					IMAGE (If applicable)	
FRONT OF PACK	Green Banner Support Claims		5 Vitamins					34.	
	[green banner replaced by Nestle Banner for Go Free]	[green banner replaced by Nestle Banner for Go Free]						() According	
	,	,						**	
	Star Rating	In tab below green banner	"Rated by You" (+ 4.6)						
			Coffee land blue						
			GoFree logo blue						
	RI Panel	Top left		Per 30g	samina.			(NOTE - remember to colour code - see	
			_			_		guidelines tab)	
			Energy 486kJ	Fat	Saturates	Sugars	Salt 0.40g		
			115kcal	0.4g	0.2g	2.6g			
			6%	<1% Of an ad	1% lult's RI*	3%	7%		
				Energy per 100g:	: 1619kJ/382kcal				
	Serving number	Bottom left	375g		12 servings in this pack				
			SKU size 2		xx servings in this pa	ack			
			SKU size 3		xx servings in this pa	ILK			
			GoFree logo blue						
	Brand Specific Claims?	Front of pack, middle of left	Coeliac UK logo (CH-043-	014)					
		side of pack						- >\\\-	
	L	_						× 11 M	
TOP PANEL	Best Before Box	Bottom Left	STORE IN A COOL, DRY PL				Best Before End		
			Best Before End: Box Colour : white		Other: L mark in bottom left.				
			Box colour . Write		Text in box.	tom iert.			
	Legal Descriptor	Below BBE box	Gluten-Free Flakes of Too	asted Corn Fortified wi	th Vitamins				
GHT SIDE PANEL	Support Claims	Bottom of side of pack	Tasty. Gluten Free. NO ar	rtificial colours or flavo	urs.			GLUTEN	
								TASTY FREE	
FT SIDE OF	Support Claims	Middle of side of pack	5 Vitamins. Certified glut	ten free by Coeliac UK.					
ANEL									
BACK OF PACK	1								
						maize grits, sugar, salt, invert sugar syrup, molasses, vitamin B3, B5, B9, B6, B2.			
	Ingredients	Nutritional Panel, Top Left	maize grits, sugar, salt, in	ivert sugar syrup, mola	asses, vitamin B3, B5, I	39, B6, B2.			
	Ingredients	Nutritional Panel, Top Left	maize grits, sugar, salt, in	overt sugar syrup, mola	asses, vitamin B3, B5, I	39, B6, B2.			
	Allergen Statement	-	May contain PEANUTS a		asses, vitamin B3, B5, E				
		-			Per 30g serving	Reference	%RI*		
	Allergen Statement	-	May contain PEANUTS a	nd NUTS. Per 100g 1619kJ	Per 30g serving 486kJ	Reference Intake* 8400kJ	%RI*		
	Allergen Statement	-	May contain PEANUTS a Typical Values Energy	nd NUTS. Per 100g 1619kJ 382kcal	Per 30g serving 486kJ 115kcal	Reference Intake* 8400kJ 2000kcal	6%		
	Allergen Statement	-	May contain PEANUTS a Typical Values	nd NUTS. Per 100g 1619kJ	Per 30g serving 486kJ	Reference Intake* 8400kJ			
	Allergen Statement	-	May contain PEANUTS a Typical Values Energy Fat of which saturates Carbohydrate	nd NUTS. Per 100g 1619kJ 382kcal 1.4g 0.5g 82.9g	Per 30g serving 486kJ 115kcal 0.4g 0.2g 24.9g	Reference Intake* 8400kJ 2000kcal 70g 20g	6% <1% 1%		
	Allergen Statement	-	May contain PEANUTS a Typical Values Energy Fat of which saturates	nd NUTS. Per 100g 1619kl 382kcal 1.4g 0.5g 82.9g 8.8g	Per 30g serving 486kJ 115kcal 0.4g 0.2g 24.9g 2.6g	Reference Intake* 8400kJ 2000kcal 70g	6% <1% 1%		
	Allergen Statement	-	Typical Values Energy Fat of which saturates Carbohydrate of which sygars Fibre Protein	nd NUTS. Per 100g 1619kJ 382kcal 1.4g 0.5g 82.9g 8.8g 4.2g 7.4g	Per 30g serving 486kJ 115kcal 0.4g 0.2g 24.9g 2.6g 1.3g 2.2g	Reference Intake* 8400kJ 2000kcal 70g 20g 90g	6% <1% 1% 3%		
	Allergen Statement Nutritional Information:	Below Ingredients, far left	May contain PEANUTS a Typical Values Energy Fat of which saturates Carbohydrate of which sugars Fibre	nd NUTS. Per 100g 1619kl 382kcal 1.4g 0.5g 82.9g 8.8g 4.2g	Per 30g serving 486kJ 115kcal 0.4g 0.2g 24.9g 2.6g 1.3g 2.2g 0.40g	Reference Intake* 8400kJ 2000kcal 70g 20g	6% <1% 1% 3%		
	Allergen Statement	-	Typical Values Energy Fat of which saturates Carbohydrate of which sygars Fibre Protein	nd NUTS. Per 100g 1619kJ 382kcal 1.4g 0.5g 82.9g 8.8g 4.2g 7.4g	Per 30g serving 486kJ 115kcal 0.4g 0.2g 24.9g 2.6g 1.3g 2.2g	Reference Intake* 8400kJ 2000kcal 70g 20g 90g	6% <1% 1% 3%		
	Allergen Statement Nutritional Information:	Below Ingredients, far left Below Ingredients, right of	Typical Values Energy Fat of which saturates Carbohydrate of which sugars Fibre Protein Salt Riboflavin (82) Nlacin (83)	nd NUTS. Per 100g 1619kJ 382kcal 1.4g 0.5g 82.9g 8.8g 4.2g 7.4g 1.33g 1.3mg 17mg	Per 30g serving 486kJ 115kcal 0.4g 0.2g 24.9g 2.6g 1.3g 2.2g 0.40g % RI* 93% 106%	Reference Intake* 8400kJ 2000kcal 70g, 20g 90g 6g, 0.39mg 5.1mg	6% <1% 1% 3% 7% % RI* 28% 32%		
	Allergen Statement Nutritional Information:	Below Ingredients, far left Below Ingredients, right of	May contain PEANUTS a Typical Values Energy Fat of which saturates Carbohydrate of which sugars Fibre Protein Salt Riboflavin (82) Niacin (83) Vitamin B6	nd NUTS. Per 100g 1619kl 382kcal 1.4g 0.5g 82.9g 8.8g 4.2g 7.4g 1.33g 1.3mg 1.7mg 1.2mg	Per 30g serving 486kJ 115kcal 0.4g 0.2g 24.9g 2.6g 1.3g 2.2g 0.40g % RI** 93% 106%	Reference intake* 8400kJ 2000kcal 70g 20g 90g 90g 5g 0.39mg 5.1mg 0.36mg	6% <1% 1% 3% 7% RI* 28% 32% 26%		
	Allergen Statement Nutritional Information:	Below Ingredients, far left Below Ingredients, right of	May contain PEANUTS a Typical Values Energy Fat of which saturates Carbohydrate of which sugars Fibre Protein Salt Riboflavin (B2) Niacin (B3) Vitamin B6 Folic Acid (B9)	nd NUTS. Per 100g 1619kJ 382kcal 1.4g 0.5g 82.9g 8.8g 4.2g 7.4g 1.33g 1.3mg 17mg	Per 30g serving 486kJ 115kcal 0.4g 0.2g 24.9g 2.6g 1.3g 2.2g 0.40g % RI* 93% 106%	Reference Intake* 8400kJ 2000kcal 70g, 20g 90g 6g, 0.39mg 5.1mg	6% <1% 1% 3% 7% % RI* 28% 26% 27%		
	Allergen Statement Nutritional Information: Vitamins & Minerals:	Below Ingredients, far left Below Ingredients, right of Nutritional Info table	May contain PEANUTS a Typical Values Energy Fat of which saturates Carbohydrate of which sugars Fibre Protein Salt Riboflavin (82) Niacin (83) Vitamin B6	nd NUTS. Per 100g 1619kl 382kcal 1.4g 0.5g 82.9g 8.8g 4.2g 7.4g 1.33g 1.3mg 1.7mg 1.2mg	Per 30g serving 486kJ 115kcal 0.4g 0.2g 24.9g 2.6g 1.3g 2.2g 0.40g % RI** 93% 106%	Reference intake* 8400kJ 2000kcal 70g 20g 90g 90g 5g 0.39mg 5.1mg 0.36mg	6% <1% 1% 3% 7% RI* 28% 32% 26%		
	Allergen Statement Nutritional Information:	Below Ingredients, far left Below Ingredients, right of Nutritional Info table Below "Tell us what you	May contain PEANUTS a Typical Values Energy Fat of which saturates Carbohydrate of which sugars Fibre Protein Salt Riboflavin (B2) Niacin (B3) Vitamin B6 Folic Acid (B9)	nd NUTS. Per 100g 1619kl 382kcal 1.4g 0.5g 82.9g 8.8g 4.2g 7.4g 1.33g 1.3mg 17mg 1.2mg 183µg	Per 30g serving 486kJ 115kcal 0.4g 0.2g 24.9g 2.6g 1.3g 2.2g 0.40g % RI* 93% 106% 86% 92%	Reference Intake* 8400kJ 2000kcal 700g 20g 6g 0.39mg 5.1mg 0.36mg 54.9µg	6% <1% 1% 3% 7% % RI* 28% 26% 27%		
	Allergen Statement Nutritional Information: Vitamins & Minerals:	Below Ingredients, far left Below Ingredients, right of Nutritional Info table	May contain PEANUTS a Typical Values Energy Fat of which saturates Carbohydrate of which sugars Fibre Protein Salt Riboflavin (B2) Niacin (B3) Vitamin B6 Folic Acid (B9)	nd NUTS. Per 100g 1619kl 382kcal 1.4g 0.5g 82.9g 8.8g 4.2g 7.4g 1.33g 1.3mg 17mg 1.2mg 183µg	Per 30g serving 486kJ 115kcal 0.4g 0.2g 24.9g 2.6g 1.3g 2.2g 0.40g % RI* 93% 106% 86% 92%	Reference Intake* 8400kJ 2000kcal 700g 20g 6g 0.39mg 5.1mg 0.36mg 54.9µg	6% <1% 1% 3% 7% % RI* 28% 26% 27%	支持支持 4.6 dill foreign	
	Allergen Statement Nutritional Information: Vitamins & Minerals:	Below Ingredients, far left Below Ingredients, right of Nutritional Info table Below "Tell us what you	May contain PEANUTS a Typical Values Energy Fat of which saturates Carbohydrate of which sugars Fibre Protein Salt Riboflavin (B2) Niacin (B3) Vitamin B6 Folic Acid (B9)	nd NUTS. Per 100g 1619kl 382kcal 1.4g 0.5g 82.9g 8.8g 4.2g 7.4g 1.33g 1.3mg 17mg 1.2mg 183µg	Per 30g serving 486kJ 115kcal 0.4g 0.2g 24.9g 2.6g 1.3g 2.2g 0.40g % RI* 93% 106% 86% 92%	Reference Intake* 8400kJ 2000kcal 700g 20g 6g 0.39mg 5.1mg 0.36mg 54.9µg	6% <1% 1% 3% 7% % RI* 28% 26% 27%	文文文文 4.6 all foreign d33 out of 88 Bonil reviews recommend this product to	
	Allergen Statement Nutritional Information: Vitamins & Minerals: R&R small print	Below Ingredients, far left Below Ingredients, right of Nutritional Info table Below "Tell us what you think"	May contain PEANUTS a Typical Values Energy Fat of which saturates Carbohydrate of which sugars Fibre Protein Salt Riboflavin (B2) Niacin (B3) Vitamin B6 Folic Acid (B9)	nd NUTS. Per 100g 1619kl 382kcal 1.4g 0.5g 82.9g 8.8g 4.2g 7.4g 1.33g 1.3mg 17mg 1.2mg 183µg	Per 30g serving 486kJ 115kcal 0.4g 0.2g 24.9g 2.6g 1.3g 2.2g 0.40g % RI* 93% 106% 86% 92%	Reference Intake* 8400kJ 2000kcal 700g 20g 6g 0.39mg 5.1mg 0.36mg 54.9µg	6% <1% 1% 3% 7% % RI* 28% 26% 27%		
	Allergen Statement Nutritional Information: Vitamins & Minerals:	Below Ingredients, far left Below Ingredients, right of Nutritional Info table Below "Tell us what you	May contain PEANUTS a Typical Values Energy Fat of which saturates Carbohydrate of which sugars Fibre Protein Salt Riboflavin (B2) Niacin (B3) Vitamin B6 Folic Acid (B9)	nd NUTS. Per 100g 1619kl 382kcal 1.4g 0.5g 82.9g 8.8g 4.2g 7.4g 1.33g 1.3mg 17mg 1.2mg 183µg	Per 30g serving 486kJ 115kcal 0.4g 0.2g 24.9g 2.6g 1.3g 2.2g 0.40g % RI* 93% 106% 86% 92%	Reference Intake* 8400kJ 2000kcal 700g 20g 6g 0.39mg 5.1mg 0.36mg 54.9µg	6% <1% 1% 3% 7% % RI* 28% 26% 27%		
	Allergen Statement Nutritional Information: Vitamins & Minerals: R&R small print	Below Ingredients, far left Below Ingredients, right of Nutritional Info table Below "Tell us what you think"	May contain PEANUTS a Typical Values Energy Fat of which saturates Carbohydrate of which sugars Fibre Protein Salt Riboflavin (B2) Niacin (B3) Vitamin B6 Folic Acid (B9)	nd NUTS. Per 100g 1619kl 382kcal 1.4g 0.5g 82.9g 8.8g 4.2g 7.4g 1.33g 1.3mg 17mg 1.2mg 183µg	Per 30g serving 486kJ 115kcal 0.4g 0.2g 24.9g 2.6g 1.3g 2.2g 0.40g % RI* 93% 106% 86% 92%	Reference Intake* 8400kJ 2000kcal 700g 20g 6g 0.39mg 5.1mg 0.36mg 54.9µg	6% <1% 1% 3% 7% % RI* 28% 26% 27%		
	Allergen Statement Nutritional Information: Vitamins & Minerals: R&R small print Claims Logos	Below Ingredients, far left Below Ingredients, right of Nutritional Info table Below "Tell us what you think" Right of recycling logos	May contain PEANUTS a Typical Values Energy Fat of which saturates Carbohydrate of which sugars Fibre Protein Salt Riboflavin (B2) Niacin (B3) Vitamin B6 Folic Acid (B9) Pantothenic Acid (B5)	nd NUTS. Per 100g 1619kl 382kcal 1.4g 0.5g 82.9g 8.8g 4.2g 7.4g 1.33g 1.3mg 17mg 1.2mg 183µg 3.9mg	Per 30g serving 486kJ 115kcal 0.4g 0.2g 24.9g 2.6g 1.3g 2.2g 0.40g % RI* 93% 106% 86% 92%	Reference Intake* 8400kJ 2000kcal 700g 20g 6g 0.39mg 5.1mg 0.36mg 54.9µg	6% <1% 1% 3% 7% % RI* 28% 26% 27%	633 out of 681 (89%), reviewers accommend this product. **	
	Allergen Statement Nutritional Information: Vitamins & Minerals: R&R small print	Below Ingredients, far left Below Ingredients, right of Nutritional Info table Below "Tell us what you think"	May contain PEANUTS a Typical Values Energy Fat of which saturates Carbohydrate of which sugars Fibre Protein Salt Riboflavin (B2) Niacin (B3) Vitamin B6 Folic Acid (B9)	nd NUTS. Per 100g 1619kl 382kcal 1.4g 0.5g 82.9g 8.8g 4.2g 7.4g 1.33g 1.3mg 17mg 1.2mg 183µg 3.9mg	Per 30g serving 486kJ 115kcal 0.4g 0.2g 24.9g 2.6g 1.3g 2.2g 0.40g % RI* 93% 106% 86% 92%	Reference Intake* 8400kJ 2000kcal 700g 20g 6g 0.39mg 5.1mg 0.36mg 54.9µg	6% <1% 1% 3% 7% % RI* 28% 26% 27%		

