

Cooking Instructions.

Cook as you would normally cook your favorite oatmeal. We suggest a serving size of ¼ to ½ cup per person. Bring the desired amount of water to a boil – generally double the quantity of oats. In other words, ½ cup of oats requires 1 cup boiling water. Add our **Ultimate Oatmeal** to the boiling water and immediately reduce heat. Cook on low heat for 5 to 10 minutes or until desired texture is reached. Use more or less water to change consistency. You can also prepare with nonfat milk or other liquids and sweeten with a small amount of honey or maple syrup. Of course, adding fruits or nuts makes for an even healthier meal. You can also create “quick” oats by briefly placing **Ultimate Oatmeal** in a food processor or blender. **For answers to questions about the use of this product call 800.808.7311.**

Ingredients. Organic Gluten-Free Rolled Oats enhanced with Natural Plant Sterols.

Nutrition Facts	Amount per Serving		%DV*	Amount per Serving		%DV*	Amount per Serving		%DV*
	Total Fat	1.5g	2%	Total Carbohydrate	15g	5%	Natural Plant Sterols	800 mg	†
Serving Size ¼ Cup dry (24g) Servings Per Container 60	Saturated Fat	0g	0%	Dietary Fiber	2g	8%	*Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Trans Fat	0g		Soluble Fiber	1g				
Calories 80 Calories from Fat 15	Cholesterol	0mg	0%	Insoluble Fiber	1g		Calories: 2,000 2,500		
	Sodium	0mg	0%	Sugars	0g		Total Fat Less than 65 g 80 g		
	Potassium	90mg	3%	Protein	3g	6%	Sat Fat Less than 20 g 25 g		
	Vitamin A	0%		Calcium	1%		Cholesterol Less than 300 mg 300 mg		
	Vitamin C	0%		Iron	6%		Sodium Less than 2,400 mg 2,400 mg		
							Total Carbohydrate 300 g 375 g		
							Dietary Fiber 25 g 30 g		
							Calories/gram: Fat 9 • Carbohydrate 4 • Protein 4		

This package is sold by weight, not by volume. It contains the full weight indicated on the label.

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Andrew Lessman
Founder of PROCAPS LABS

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NATURAL CHOLESTEROL MANAGEMENT



ULTIMATE OATMEAL™

INGREDIENTS

ORGANIC GLUTEN-FREE ROLLED OATS

ENHANCED WITH NATURAL PLANT STEROLS



All Natural Cholesterol Reduction.

Ultimate Oatmeal is the first cholesterol-reducing cereal of its kind. It combines Mother Nature’s #1 cholesterol-lowering food (**Oats**) with her most powerful cholesterol-reducing ingredient (**Plant Sterols**). **Oats** have long been respected for their ability to lower cholesterol and **Plant Sterols** have been clinically proven to reduce total and LDL cholesterol levels. The US Government has approved health claims for both **Oats** and **Plant Sterols** to naturally lower cholesterol and help reduce the risk of heart disease. **Ultimate Oatmeal** is a delicious, heart-healthy cereal that delivers far greater cholesterol-reducing power than ordinary oatmeal.

No Ordinary Oats: Organic and Gluten-Free.

Ultimate Oatmeal is both **Organic and Gluten-Free**. This might seem like an ordinary statement, since all oats are “naturally” Gluten-Free, but surprisingly, almost NO American oats are Gluten-Free. Because our agricultural system is so overrun by wheat, ordinary oats are contaminated by Gluten and are therefore not Gluten-Free. Even if you find Organic oats, they will rarely be Gluten-Free. Similarly, if you can find Gluten-Free oats, in most cases, they will not be Organic. Only a tiny percentage of oats in America are both Organic and Gluten-Free (less than 0.01 percent!). Of course, since all of our products are Gluten-Free, we only use those rare **Organic and Gluten-Free** Oats in our **Ultimate Oatmeal**.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Healthy Oats for Lower Cholesterol.

Oats have been consumed for centuries and their popularity has grown in recent years due to their heart-healthy, cholesterol-lowering benefits. Oats are filling and nutrient-rich, yet low in calories, so they are ideal for weight-loss. Plus, because oats are both sodium-free and sugar-free, they also support healthy blood pressure and blood sugar levels. Oats also possess uniquely high concentrations of a water-soluble fiber called beta-glucan, which is the secret behind their cholesterol-lowering power.

A Natural Solution to an Unhealthy Problem.

The typical “American” diet increases cholesterol levels, and with it, the risk of heart disease. As a result, millions of Americans must take cholesterol-lowering drugs with their long list of harmful side effects. If you and your physician are seeking a natural tool to lower cholesterol, **Ultimate Oatmeal** is the perfect solution. We combine heart-healthy **Oats** with cholesterol-lowering **Plant Sterols**. In fact, the 800 mg of **Plant Sterols** in just ¼ cup of **Ultimate Oatmeal** is all you need to transform your cholesterol levels.

According to the US Food and Drug Administration, consuming at least 400 mg of **Plant Sterols** twice daily with meals for a daily total intake of at least 800 mg, as part of a healthy diet low in saturated fat and cholesterol, may reduce the risk of heart disease. Each ¼ cup of **Ultimate Oatmeal** supplies **800 milligrams** of **Plant Sterols**. Plus, our **Ultimate Oatmeal** is also a natural source of soluble fiber, including beta-glucan (at least 1 gram per ¼ cup) that may also reduce the risk of heart disease as part of that healthy diet.