

Cooking Instructions. Cook as you would normally cook your favorite oat bran. 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 oat bran. In other words, ½ cup of oat bran requires 1 cup boiling water. Add our **Ultimate Oat Bran** to the boiling water and immediately reduce heat. Cook on low heat for 2 to 5 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. **For questions about the use of this product call 800.808.7311.**

Ingredients. Organic Gluten-Free Oat Bran enhanced with Natural Plant Sterols.

Nutrition Facts		Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
60 servings per container Serving size 1/4 Cup dry (30 g)		Total Fat 2g	3%	Soluble Fiber 2g	
		Saturated Fat 0g	0%	Insoluble Fiber 3g	
		Trans Fat 0g		Total Sugars 0g	
		Cholesterol 0mg	0%	Includes Og Added Sugars	0%
		Sodium 0mg	0%	Protein 4g	8%
Calories per serving 100		Total Carbohydrate 18g	7%	Natural Plant Sterols 800 mg	†
		Dietary Fiber 5g	18%		
		Vitamin D3 0mcg (0 IU) 0% • Calcium 14mg 0% • Iron 1mg 6% • Potassium 135mg 2%			
		*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.† DV not established.			

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



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ULTIMATE OAT BRAN

ORGANIC GLUTEN-FREE OAT BRAN
ENHANCED WITH NATURAL PLANT STEROLS





63.5 oz (3.96 lb) (1.8 kg) • 60 Servings

All Natural Cholesterol Reduction. **Ultimate Oat Bran** 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 Oat Bran** is a delicious, heart-healthy cereal that delivers far greater cholesterol-reducing power than ordinary oat bran.

No Ordinary Oats: Organic and Gluten-Free. **Ultimate Oat Bran** 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 Oat Bran**.

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. Oat bran, more than any other form of oats, is particularly high in a unique, water-soluble fiber called beta-glucan, which is the secret behind its 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 Oat Bran** 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 Oat Bran** 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 our **Ultimate Oat Bran** supplies **800 milligrams of plant sterols**. Plus, our **Ultimate Oat Bran** is also a natural source of soluble fiber, including beta-glucan (at least 2 grams per ¼ cup) that may also reduce the risk of heart disease as part of that healthy diet.