

Grains

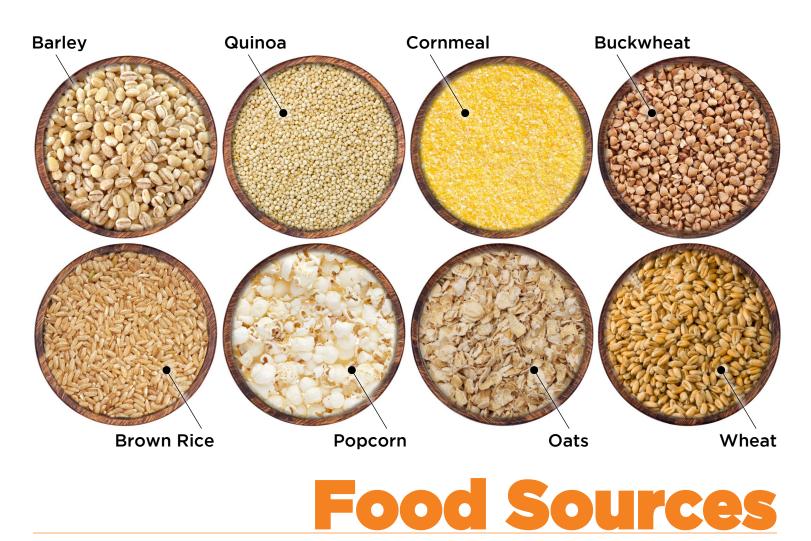
Health Benefits

Energy Production Heart Disease Risk Reduction Improves Digestion Weight Management

Nutrients

B Vitamins Iron Vit Copper Magnesium Zin Fiber

Vitamin E Zinc



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