Cereal - Cap'n Crunch

INGREDIENTS: Cap'n Crunch Cereal (corn flour, sugar, oat flour, brown sugar, palm and/or coconut oil, salt, reduced iron, yellow 5, niacinamide*, zinc oxide, yellow 6, thiamin mononitrate*, BHT (a preservative), pyridoxine hydrochloride*, riboflavin*, folic acid*.

*one of the B vitamins)

CONTAINS: Coconut