



# Weetabix Food Co.

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## Folic Acid

Folic acid is important for normal cell development and healthy blood, particularly during pregnancy. Good sources of folate include fortified breakfast cereals, leafy green vegetables and orange juice. We add folic acid to the following Weetabix Food Co. products.

### *Breakfast Cereals & Drinks*

Oatibix Flakes - Golden Oat Flakes

Oatibix Flakes – Red Berries

Ready Brek Chocolate & Ready Brek **Chocolate Sachets**

Ready Brek Original & Ready Brek Original Sachets

Ready Brek Caramel Sachets

Weetabix

Weetabix Organic

Weetabix Banana Flavour

Weetabix with Chocolate

Weetabix Protein

Weetabix Protein Chocolate Chip

Weetabix Additions Red Berries

Weetabix Crispy Minis - Chocolate Chip

Weetabix Crispy Minis - Fruit & Nut

Weetabix Crispy Minis - Banana

Weetabix Crunchy Bran

Weetabix Bran Flakes

Weetabix Fruit & Fibre

Weetabix Weetaflakes

Weetos

Weetabix Protein Crunch Original

Weetabix Protein Crunch Chocolate

Weetabix On the Go Breakfast Drink – Strawberry

Weetabix On the Go Breakfast Drink – Chocolate

Weetabix On the Go Breakfast Drink – Banana

Weetabix On the Go Breakfast Drink – Vanilla

Weetabix On the Go Protein Drink – Chocolate

Weetabix On the Go Protein Drink – Strawberry and Raspberry

Weetabix On the Go Protein Drink – Vanilla