

PLANET  
OAT

# WE SOLVED MILK™



A Delicious, Full-Bodied Oatmilk Great in Coffee, Cooking, or by the Glass

Excellent Source of Calcium and Vitamins A & D

Dairy Free • Lactose Free • Soy Free • Tree Nut Free • Vegan

# OATMILK, 52oz

## Original



### Nutrition Facts

About 6 servings per container  
Serving size 1 Cup (240mL)

Amount per serving		% Daily Value*
<b>Calories</b>	<b>90</b>	
<b>Total Fat</b> 1.5g		2%
Saturated Fat 0g		2%
Trans Fat 0g		
<b>Cholesterol</b> 0mg		0%
<b>Sodium</b> 120mg		5%
<b>Total Carbohydrate</b> 19g		7%
Dietary Fiber 2g		8%
Soluble Fiber 2g		
Total Sugars 4g		
Includes 4g Added Sugars		7%
<b>Protein</b> 2g		4%
Vit. D 4mcg 20% • Calcium 350 25%		
Iron 0.3mg 2% • Potas. 400mg 8%		
Vit. A 180mcg 20% • Riboflavin 0.1mg 10%		
Vit. B12 0.2mcg 10%		

INGREDIENTS: OATMILK (FILTERED WATER, OATS), CALCIUM CARBONATE, DIPOTASSIUM PHOSPHATE (STABILIZER), SEA SALT, GELLAN GUM, VITAMIN A PALMITATE, VITAMIN D2, RIBOFLAVIN (VITAMIN B2) AND VITAMIN B12.

## Vanilla



### Nutrition Facts

About 6 servings per container  
Serving size 1 Cup (240mL)

Amount per serving		% Daily Value*
<b>Calories</b>	<b>90</b>	
<b>Total Fat</b> 1.5g		2%
Saturated Fat 0g		2%
Trans Fat 0g		
<b>Cholesterol</b> 0mg		0%
<b>Sodium</b> 120mg		5%
<b>Total Carbohydrate</b> 19g		7%
Dietary Fiber 2g		8%
Soluble Fiber 2g		
Total Sugars 4g		
Includes 4g Added Sugars		7%
<b>Protein</b> 2g		4%
Vit. D 4mcg 20% • Calcium 350 25%		
Iron 0.3mg 2% • Potas. 400mg 8%		
Vit. A 180mcg 20% • Riboflavin 0.1mg 10%		
Vit. B12 0.2mcg 10%		

INGREDIENTS: OATMILK (FILTERED WATER, OATS), CALCIUM CARBONATE, DIPOTASSIUM PHOSPHATE (STABILIZER), SEA SALT, NATURAL VANILLA FLAVOR WITH OTHER NATURAL FLAVORS, GELLAN GUM, VITAMIN A PALMITATE, VITAMIN D2, RIBOFLAVIN (VITAMIN B2) AND VITAMIN B12.

## Dark Chocolate



### Nutrition Facts

About 6 servings per container  
Serving size 1 Cup (240mL)

Amount per serving		% Daily Value*
<b>Calories</b>	<b>140</b>	
<b>Total Fat</b> 2g		3%
Saturated Fat 0.5g		3%
Trans Fat 0g		
<b>Cholesterol</b> 0mg		0%
<b>Sodium</b> 135mg		6%
<b>Total Carbohydrate</b> 31g		11%
Dietary Fiber 3g		12%
Soluble Fiber 2g		
Insoluble Fiber 1g		
Total Sugars 12g		
Includes 11g Added Sugars		23%
<b>Protein</b> 3g		5%
Vit. D 4mcg 20% • Calcium 350 25%		
Iron 1.3mg 8% • Potas. 520mg 10%		
Vit. A 180mcg 20% • Riboflavin 0.1mg 10%		
Vit. B12 0.2mcg 10%		

INGREDIENTS: OATMILK (FILTERED WATER, OATS), CANE SUGAR, COCOA PROCESSED WITH ALKALI, CALCIUM CARBONATE, DIPOTASSIUM PHOSPHATE (STABILIZER), NATURAL FLAVORS, SEA SALT, GELLAN GUM, VITAMIN A PALMITATE, VITAMIN D2, RIBOFLAVIN (VITAMIN B2) AND VITAMIN B12.

## Extra Creamy Original



### Nutrition Facts

About 6 servings per container  
Serving size 1 Cup (240mL)

Amount per serving		% Daily Value*
<b>Calories</b>	<b>120</b>	
<b>Total Fat</b> 3.5g		4%
Saturated Fat 0.5g		3%
Trans Fat 0g		
<b>Cholesterol</b> 0mg		0%
<b>Sodium</b> 120mg		5%
<b>Total Carbohydrate</b> 22g		8%
Dietary Fiber 3g		10%
Soluble Fiber 2g		
Total Sugars 5g		
Includes 4g Added Sugars		8%
<b>Protein</b> 2g		4%
Vit. D 4mcg 20% • Calcium 350 25%		
Iron 0.4mg 2% • Potas. 410mg 8%		
Vit. A 180mcg 20% • Riboflavin 0.1mg 10%		
Vit. B12 0.2mcg 10%		

INGREDIENTS: OATMILK (FILTERED WATER, OATS), SUNFLOWER OIL, CALCIUM CARBONATE, DIPOTASSIUM PHOSPHATE (STABILIZER), GUAR GUM, SEA SALT, SUNFLOWER LECITHIN, GELLAN GUM, VITAMIN A PALMITATE, VITAMIN D2, RIBOFLAVIN (VITAMIN B2) AND VITAMIN B12.

## Unsweetened Original



### Nutrition Facts

About 6 servings per container  
Serving size 1 Cup (240mL)

Amount per serving		% Daily Value*
<b>Calories</b>	<b>45</b>	
<b>Total Fat</b> 0.5g		1%
Saturated Fat 0g		0%
Trans Fat 0g		
<b>Cholesterol</b> 0mg		0%
<b>Sodium</b> 100mg		4%
<b>Total Carbohydrate</b> 8g		3%
Dietary Fiber 1g		4%
Soluble Fiber less than 1g		
Total Sugars 0g		
Includes 0g Added Sugars		0%
<b>Protein</b> 1g		
Vit. D 4mcg 20% • Calcium 350 25%		
Iron 0.7mg 4% • Potas. 340mg 8%		
Vit. A 180mcg 20% • Riboflavin 0.13mg 10%		
Vit. B12 0.24mcg 10%		

INGREDIENTS: OATMILK (FILTERED WATER, OATS), CALCIUM CARBONATE, DIPOTASSIUM PHOSPHATE (STABILIZER), GUAR GUM, SEA SALT, GELLAN GUM, VITAMIN A PALMITATE, VITAMIN D2, RIBOFLAVIN (VITAMIN B2) AND VITAMIN B12.

## Unsweetened Vanilla



### Nutrition Facts

About 6 servings per container  
Serving size 1 Cup (240mL)

Amount per serving		% Daily Value*
<b>Calories</b>	<b>45</b>	
<b>Total Fat</b> 0.5g		1%
Saturated Fat 0g		0%
Trans Fat 0g		
<b>Cholesterol</b> 0mg		0%
<b>Sodium</b> 100mg		4%
<b>Total Carbohydrate</b> 8g		3%
Dietary Fiber 1g		4%
Soluble Fiber less than 1g		
Total Sugars 0g		
Includes 0g Added Sugars		0%
<b>Protein</b> 1g		
Vit. D 4mcg 20% • Calcium 350 25%		
Iron 0.7mg 4% • Potas. 340mg 8%		
Vit. A 180mcg 20% • Riboflavin 0.13mg 10%		
Vit. B12 0.24mcg 10%		

INGREDIENTS: OATMILK (FILTERED WATER, OATS), CALCIUM CARBONATE, DIPOTASSIUM PHOSPHATE (STABILIZER), NATURAL VANILLA FLAVOR WITH OTHER NATURAL FLAVORS, GUAR GUM, SEA SALT, GELLAN GUM, VITAMIN A PALMITATE, VITAMIN D2, RIBOFLAVIN (VITAMIN B2) AND VITAMIN B12.

Case Pack:	Case Dimensions:	Item Dimensions:	Item Weight:	Case Cube:	Case Weight:	Pallet Pattern:	Pallet Dimensions:	Cases Per Pallet:	Pallet Weight:	Mfg Code:
6	L : 11" W : 7.5" H : 10"	L : 3.45" W : 3.45" H : 9.4"	3.7lbs	.48 cuft	23.4lbs	20 - 5	L : 48" W : 40" H : 56.75"	100	2,405	90 days

For more information visit [PlanetOat.com](http://PlanetOat.com)