

# SCHAWK!

THIS AREA RESERVED  
FOR SIGN OFFS  
ON APPROVED PROOF.

For technical questions regarding color separation, please contact one of the following people:

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PRO YEL
PRO MAG
PRO CYAN
PRO BLACK
PMS 1795
PMS 130
DIE

PLANT: KALAMAZOO, MI  
100% RECYCLED PAPERBOARD

BLEED AREAS - SPECIFIED

NON COATED AREAS - SPECIFIED

CRB .020 Caliper

ALL KELLOGG PLANTS

THIS CARTON IS UNCOATED

BLZ - 7/11/2013 (SAP # 7177899) CREATED  
SECOND COATING PATTERN #Y36452A2

Job#: 401092841_02	Description: SPECIAL K PROTEIN	IMPORTANT PRINTERS - NOTE
SO#: 101294284	HONEY ALMOND / VALUE SIZE	Before printing, please ensure you have all reference materials. DO NOT alter this color separation without consent.
Cube/Count: 183	SAP#: K 182725 000 Date: 09/19/18 Operator: gp/CAK	
Die Legend	Die#: 36452A2	Orig Date: 04/18/13
	Supplier: GPI	Desc.: RTEC Economy Seal End
Revision:	Date:	
Revision:	Date:	



SPECIAL K PROTEIN  
Honey Almond Ancient Grains

NEW VALUE SIZE

Kellogg's  
SPECIAL  
**K**

**PROTEIN 15g**

Honey Almond Ancient Grains  
Blend of whole grain wheat, rice, soy, ancient grains sorghum & black rice flakes with honey & almond



PER 1 1/3 CUP SERVING

230 CALORIES	0g SAT FAT	270mg SODIUM	9g TOTAL SUGARS
	0% DV	12% DV	

**Nutrition Facts**

About 8 servings per container  
Serving size 1 1/3 Cup (60g)

	Cereal	with 3/4 cup skim milk
<b>Calories</b>	<b>230</b>	<b>290</b>
<b>Total Fat</b>	3.5g 4%	3.5g 4%
Saturated Fat	0g 0%	0.5g 3%
Trans Fat	0g	0g
Polysat. Fat	1g	1g
Monounsat. Fat	1.5g	1.5g
<b>Cholesterol</b>	0mg 0%	15mg 1%
<b>Sodium</b>	270mg 12%	340mg 15%
<b>Total Carb.</b>	38g 14%	47g 17%
Dietary Fiber	4g 16%	4g 16%
Total Sugars	9g	9g
Inc. Added Sugars	9g 18%	9g 18%
<b>Protein</b>	15g 13%	25g 25%
Vitamin D	2mcg 10%	4.2mcg 20%
Calcium	130mg 10%	350mg 25%
Iron	18mg 100%	18mg 100%
Potassium	160mg 2%	440mg 10%
Riboflavin	20%	45%
Niacin	20%	25%
Vitamin B6	20%	20%
Folate	50%	50%
(folic acid)	(115mcg)	(115mcg)
Phosphorus	10%	25%
Magnesium	10%	15%

\*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.

**Ingredients:** Whole wheat, sugar, rice, wheat gluten, soy protein isolate, sorghum, black rice, almonds, wheat bran, honey, contains 2% or less of salt, natural flavors, BHT for freshness.

**Vitamins and Minerals:** Calcium carbonate, reduced iron, vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), folic acid, niacinamide, vitamin Ds.

**CONTAINS WHEAT, SOY AND ALMOND INGREDIENTS.**

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**Questions or Comments?**  
VISIT [kelloggs.com](http://kelloggs.com)  
CALL 1-800-962-1413  
(SEE HABLÁ ESPAÑOL)  
PROVIDE PRODUCTION CODE ON PACKAGE.

**Nutrition label look different?**  
Learn more at [label.kelloggs.com](http://label.kelloggs.com)

POWERING YOUR  
**STRENGTH**

How much fuel can you pack into a single spoon?



Well we've found it's actually quite a lot. That's why we've made it our mission to ensure that every flake in our protein blend bursts with the essential nutrients you need to make you feel strong from the inside.

**Deliciously Crunchy**  
and lightly sweetened flakes with whole grain

**Ancient Grains Blend**  
Made with burgundy sorghum and black rice for a wholesome start to your morning

**Magnesium**  
to support protein metabolism and help power muscles by releasing fuel from internal stores

**Calcium**  
to help muscle function and support bone health

**Vitamin D**  
to support protein synthesis and help keep calcium readily accessible for your body

**Made with Complete Protein**  
Good source of protein to fuel your momentum

**Iron**  
for oomph and energy

The best thing is, there's no compromise on taste. We promise a bowl full of rich flavors and delicious textures that work hard for you, getting the nutrition you need to power your day and reach your potential

For more information go to:  
[www.specialk.com](http://www.specialk.com)

SPECIAL K PROTEIN  
Honey Almond Ancient Grains

— OUR —  
BEST IN EVERY BITE™  
✓ WHOLE GRAIN IS THE FIRST INGREDIENT

100% Recycled Paperboard  
kelloggs.com



Honey Almond Ancient Grains  
SPECIAL K PROTEIN