



Freedom Classic	Contains	May Contains	No artificial colours or flavours	Low FODMAP Certified	Free from gluten	Nut free recipe	Soy free	Egg free	Fruit free	Prebiotic fibre	Probiotic	Tsps of sugar per serve*	Plant based recipe	Endorsed by Coeliac Australia
Rice Puffs	N/A	Milk, Soy	✓	✗	✓	✓	✗	✓	✓	✗	✗	<1	✓	✓
Corn Flakes	N/A	Milk, Soy	✓	✗	✓	✓	✗	✓	✓	✗	✗	<1	✓	✓
XO Cocoa Crunch	N/A	Milk, Soy	✓	✗	✓	✓	✗	✓	✓	✓	✗	<2	✓	✓
Maple Crunch	N/A	Milk, Soy	✓	✗	✓	✓	✗	✓	✓	✗	✗	<1.5	✓	✓
Honey Flake Crunch	N/A	Milk, Soy	✓	✗	✓	✓	✗	✓	✓	✗	✗	<2	✗ (contains honey)	✓
Honey-O Crunch	N/A	Milk, Soy	✓	✗	✓	✓	✗	✓	✓	✓	✗	<1.5	✗ (contains honey)	✓

* 4.2g of sugar per teaspoon

Freedom Classic Active Balance	Contains	May Contains	No artificial colours or flavours	Low FODMAP certified	Free from gluten	Nut free recipe	Soy free	Egg free	Fruit free	Prebiotic fibre	Probiotic	Teaspoons of sugar per serve*	Plant based recipe	Endorsed by Coeliac Australia
Cranberry & Buckwheat	N/A	Milk, Soy	✓	✓	✓	✓	✗	✓	✗	✗	✗	1	✓	✓
Cashews & Pepitas	Almond, Cashew	Brazil Nut, Hazelnut, Macadamia, Pecan, Pine Nut, Pistachio, Walnut, Peanut, Sesame, Soy, Milk.	✓	✓	✓	✗	✗	✓	✓	✗	✗	<1	✓	✓
Maple & Almond Multigrain Flakes	Almond	Brazil Nut, Cashew, Hazelnut, Macadamia, Pecan, Pine Nut, Pistachio, Walnut, Peanut, Sesame, Soy, Milk.	✓	✗	✓	✗	✗	✓	✓	✓	✓	<1	✓	✓
Almond & Cashew Multigrain Flakes	Almond, Cashew, Sesame	Brazil Nut, Hazelnut, Macadamia, Pecan, Pine Nut, Pistachio, Walnut, Peanut, Soy, Milk.	✓	✗	✓	✗	✗	✓	✓	✓	✓	<1	✗	✓
Fruit and Seed Muesli	Sulphites	Milk, Soy	✓	✗	✓	✓	✗	✓	✗	✗	✗	<1.5	✗	✓

* 4.2g of sugar per teaspoon

The information provided should serve as a guide only, as our ingredients list may change from time to time. Please read the product packaging for the most up-to-date information on allergens and ingredients.

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