

**Ryvita Muesli Crunch : a healthier sweet snack with currants, oats & seeds  
/ The Ryvita Company Limited.**

**Contributors**

Ryvita Company.

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EXCLUSIVE  
EDITION



**RYVITA**  
**TIN OFFER**  
SEND 3 TOKENS  
+ £3.49

Each tin ordered requires 3 tokens and £3.49  
See base of pack for details  
Actual design may differ slightly from  
that illustrated.



# RYVITA

## Muesli Crunch

A healthier sweet snack  
with currants, oats & seeds



✓ Low in saturated fat

✓ High in fibre

Each slice contains

Calories	Sugars	Fat	Saturates	Fibre	Salt
57	3.5g	1.0g	0.1g	1.7g	Trace
3%	4%	2%	1%	7%	<1%

of an adult's guideline daily amount

200g e



This carton can be recycled

BEST BEFORE END

04.0008.93  
723

If you've enjoyed the taste and goodness of Ryvita Muesli Crunch why not try Ryvita Pumpkin Seeds and Oats, or Ryvita Sunflower Seeds and Oats wholegrain rye crispbread.



Ryvita has a wide range of delicious snacking products which are simply good for you including: Ryvita Goodness Bars, available in the biscuit aisle.



**RYVITA**  
Muesli Crunch



**SOURCE OF PHOSPHORUS**  
Which helps normal energy metabolism



**SOURCE OF IRON**  
Which is necessary for the normal function of the immune system



**SOURCE OF MAGNESIUM**  
To help keep bones and teeth healthy

**Eating Ryvita Muesli Crunch is an easy way to help you stay healthier.**

Ryvita Muesli Crunch is made with tasty currants in its wholegrain rye base, topped with pumpkin seeds, sunflower seeds, kibbled rye, oats, honey and sprinkled with brown sugar. With all this packed into every slice Ryvita Muesli Crunch is a delicious sweet snack, which can be eaten on its own straight from the pack. It is a tasty, healthier way to help satisfy those sweet cravings.

To learn more about Ryvita visit our website  
[www.ryvita.com](http://www.ryvita.com)

**Our all natural Ingredients:**  
Wholegrain Rye (46%) (Rye Flour, Kibbled Rye), Currants (14%), Wholegrain Wheat Flour (13%), Brown Sugar, Pumpkin Seeds (5%), Sunflower Seeds (5%), Wholegrain Oat Flakes (5%), Honey.  
**Contains:** Rye, Wheat, Oats. May contain traces of Sesame Seeds and Soya.  
**Suitable for vegetarians**

**Guideline daily amounts (GDA) for a typical adult**

	Guideline daily amount	Per Slice (15.5g)	% guideline daily amount
Calories	2000	57	3%
Sugars	90g	3.5g	4%
Fat	70g	1.0g	2%
Saturated Fat	20g	0.1g	1%
Fibre	24g	1.7g	7%
Salt	6g	Trace	<1%

#### NUTRITION INFORMATION

TYPICAL VALUES	Per Slice (15.5g)	Per 100g
Energy	240kJ 57kcal	1548kJ 366kcal
Protein	1.7g	10.9g
Carbohydrate (of which sugars)	10.2g 3.5g	65.8g 22.3g
Fat (of which saturates)	1.0g 0.1g	6.6g 0.9g
Fibre	1.7g	11.1g
Sodium*	Trace	Trace
*Equivalent as Salt	Trace	0.1g
Phosphorus	53mg (7% RDA)	344mg (43% RDA)
Iron	0.5mg (4% RDA)	3.4mg (24% RDA)
Magnesium	17mg (6% RDA)	110mg (37% RDA)

RDA = Recommended Daily Allowance

#### GUARANTEE

At Ryvita we take every care to ensure our products reach you in perfect condition. If they do not, please send the packet and its contents to the address opposite stating when and where purchased and we will be pleased to reimburse you. Your statutory rights are not affected. Applies UK & ROI only.

#### QUERIES, COMMENTS, SUGGESTIONS

Please 'phone the FREE Ryvita Careline: 0500 562123  
Monday - Friday 9am to 5pm.  
Or visit our website [www.ryvita.com](http://www.ryvita.com)  
Or write to: The Consumer Services Manager, The Ryvita Company Limited, Old Wareham Road, Poole, Dorset, BH12 4QW.

A SWEET WHOLEGRAIN RYE AND WHEAT CRISP BREAD WITH CURRANTS, SEEDS AND OATS.

200g e

BEST BEFORE END: SEE SIDE OF PACK. STORE IN A COOL, DRY PLACE.



**RYVITA**

RYVITA TIN OFFER. To receive your exclusive edition RYVITA TIN, please complete a Claim Form from any promotional pack of Ryvita and send it to the address set out on the Claim Form, together with THREE tokens from any pack of RYVITA CRISPREAD and a cheque or postal order for £3.49. Cheques or postal orders should be made payable to THE RYVITA COMPANY LIMITED.

PLEASE DO NOT SEND CASH.

Promotional packs are subject to availability. No responsibility can be accepted for applications lost, delayed or damaged in the post. Proof of posting is not proof of delivery. The offer is open to UK residents only. Please allow 30 days for delivery.

The RYVITA TIN is an exclusive edition RYVITA branded metallic tin. The tin is offered subject to availability.

You may cancel your application up to seven clear working days from delivery by returning the tin, at your own cost, to: RYVITA TIN OFFER, DEPT NO. 4083, PO BOX 99, AYLESBURY, HP19 8RR.  
The promoter is THE RYVITA COMPANY LIMITED, Old Wareham Road, Poole, Dorset, BH12 4QW.

**TOKEN**

(Cash Value 0.001p)

Please complete this form clearly in pen, in BLOCK CAPITALS and send it with your tokens and cheque or postal order for £3.49 (made payable to The Ryvita Company Limited) to Ryvita Tin Offer Department No. 4083, PO BOX 99, Aylesbury, HP19 8RR. "I enclose three RYVITA CRISPREAD TOKENS and a cheque / postal order for £3.49. Please send me my Ryvita Tin."

Full Name: (Mr / Mrs / Ms) .....

Address: .....

.....

Postcode: .....

Phone Number: .....

Email: .....

YES, I am interested in receiving further special offers and promotions from THE RYVITA COMPANY LTD. Please retain my information in accordance with the Data Protection Act.

Please tick if interested ☐



