

# “QUICK & TASTY MEAL” XTEN OATMEAL



## QUICK & TASTY MEAL (XTEN OATMEAL)

*Fast & Easy: Add hot water and wait 2 minutes*

There are 4 delicious and healthy flavors to choose from



**Oatmeal multigrain  
Wild red salmon**  
50% less sodium.  
Helps nervous system and brain.



**Oatmeal multigrain  
Triple mushroom & spinach**  
50% less sodium.  
Helps digestive system.



**Oatmeal  
Dark choc with Almond**  
50% less sugar.  
Helps the heart.



**Oatmeal  
Mixed Berry**  
50% less sugar.  
Helps eyes and skin.

Nautilus XTEN Oatmeal uses select, quality, ‘Superfood’ ingredients, which are high in vitamins and fiber and low in fat, sugar and sodium. No MSG added. Nautilus Superfoods are healthy and delicious.



สำนักงานส่งเสริมการค้าระหว่างประเทศ  
เลขที่.๑๑.๕๓ M219 004 03 64



# “QUICK & TASTY MEAL” XTEN OATMEAL



**NEW**

## QUICK & TASTY MEAL (XTEN OATMEAL)

*Fast & Easy: Add hot water and wait 2 minutes*

**New! In single sachet and box (3 serves) 3 flavors to choose from**

**NEW MENU**



**Oatmeal multigrain  
Thai spicy & sour triple mushroom  
& spinach**

50 % less sodium.  
Added vitamins and nutrients for  
balanced vegetarian meal.



**Oatmeal multigrain  
Wild red salmon**

50 % less sodium.  
Helps nervous system  
and brain.



**Oatmeal multigrain  
Triple mushroom & spinach**

50 % less sodium.  
Helps digestive system.

Nautilus XTEN Oatmeal uses select, quality, ‘Superfood’ ingredients, which are high in vitamins and fiber and low in fat, sugar and sodium. No MSG added. Nautilus Superfoods are healthy and delicious.



**NO ADDED MONOSODIUM GLUTAMATE**  
ไม่มีผงชูรส และวัตถุกันเสีย

