



Your gut is at the heart of your health

Biome! Complete Gut is an advanced nutritional powder for gut health and contains a blend of live cultures, prebiotic fibres, digestive enzymes, vitamins and minerals*

Directions for use in shakes, smoothies and cereals



Step 1.
Add 3 teaspoons (15g) to your favourite milk

Step 2.
Give it a good blend or sprinkle on cereal

Step 3.
Enjoy once or twice a day

Love Your Gut* Tips:

1. Adjust the thickness by adding more or less milk. 2. Add sweetness by adding half a banana or a hint of your preferred sweetener. 3. Sprinkle over your cereal to give your breakfast a boost!

Ingredients:

Five Blend (Apple Fibre, Beta Glucan, Chicory Root Fibre, Guar Fibre, Rice Bran, Soluble Corn Fibre (37%), Belgian Cocoa Powder (27%)), Sweeteners (Erythritol, Steviol Glycosides from Stevia), Vitamin Blend (B6 (pyridoxine HCL), B12 (methylcobalamin)), D (plant-derived cholecalciferol), Calcium (tricalcium phosphate), Culture Blend (Bacillus coagulans, Bifidobacterium bifidum, Bifidobacterium lactis, Bifidobacterium longum, Lactobacillus acidophilus, Lactobacillus bulgaricus, Lactobacillus casei, Lactobacillus gasseri, Lactobacillus paracasei, Lactobacillus plantarum, Lactobacillus reuteri, Lactobacillus rhamnosus, Streptococcus thermophilus) (0.8%), Enzyme Blend (Amylase, Protease, Lipase, Cellulase, Lactase) (0.3%)
May contain traces of nuts (almonds)

NUTRITION INFORMATION		Per 100g	Per 15g Serving	
Energy kJ		790	119	
Energy kcal		190	28	
Fat		6.6g	1.0g	
of which saturates		3.8g	0.6g	
Carbohydrates		10.1g	1.5g	
of which sugars		2.6g	0.4g	
Fibre		31.7g	4.7g	
Protein		5.8g	0.9g	
Salt		0.1g	0.0g	
Vitamins & Minerals		%RI*	%RI*	
B6	4.7mg	333%	700µg	50%
B12	8.3µg	333%	1.25µg	50%
D	16.7µg	333%	2.5µg	50%
Calcium	2.7g	333%	400mg	50%

*RI = Reference Intake

Suggested Use: Adults blend 3 teaspoons (15g) with 300ml of your favourite milk, 1 to 2 times per day.

When increasing your fibre intake, we suggest gradually increasing this over several days until you reach the recommended daily dose.

Food Supplement: Food supplements should not be used as a substitute for a varied diet.

Do not exceed the recommended daily dose.

  For recipes and more visit:
www.biome!.life

*BILLIONS OF LIVE ACTIVE CULTURES and Vitamins B6 and D to support the normal function of the IMMUNE SYSTEM and Calcium to support the normal function of DIGESTIVE ENZYMES. Chicory root fibre contributes to normal bowel function by increasing stool frequency. Biome! Complete Gut contains 3g of chicory root fibre per serving. Full beneficial effect is obtained with a daily intake of 12g chicory root fibre.

LOVE YOUR GUT:
Enjoy Biome! as part of a healthy lifestyle and balanced diet.

Store in the fridge or a cool dry place. Store out of reach of young children.

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Contact us at www.biome!.life
Made in the United Kingdom