

Graphic Packaging Item Reference:  
**407700\_75627\_020A**

Customer:	Bio & Me (Bio & Me)
Product Description:	Granola - GF Fruit & Nut - Menopause
Customer Product Code:	5GRAN042
Graphics Service Provider:	Rivendell Europe
GSP Artwork Code:	RIV166715
Carton Design Number:	P45317D3A
Carton Style:	end load glued skillet, glued side seam
Carton Sizes:	137 x 52 x 209/210mm
Qty Inks Front:	5
Qty Inks Reverse:	
Qty Varnish Front:	1
Qty Varnish Reverse:	
Front Design Print Face:	Coated Side
Die Reference:	75627
Cyrel Front Reference:	V2
Cyrel Reverse Reference:	
Braille Reference:	
Foiling Reference:	
Embossing Reference:	

Black	Cyan
Magenta	Yellow
GPC00139 Women's Health Purple	Matte Varnish
Structural	

Thermal printouts provide a representation of colour values only. For a more accurate colour guide please use an original pantone swatch library for spot colours and gmg proof for process colours. Please note that when printing spot colours we will match to digital pantone spectral data.

Varnish Free	Print Free	Varnish & Print Free
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13
137
52
137
51

34
26
38

210
209
210
299

34
51

### WHAT MAKES BIO&ME SPECIAL?

- 13 PLANT-BASED FOODS
- NO ADDED SUGAR
- HIGH IN FIBRE
- GOOD FOR YOUR GUT\*
- NATURAL SOURCE OF MAGNESIUM\*\*
- NATURAL SOURCE OF ZINC\*\*\*



Serving Suggestion

### WHY NOT TRY WITH OUR KEFIR?



For the perfect gut-loving breakfast, pair with our delicious kefir yoghurts.

IT'S WHAT'S ON THE INSIDE THAT COUNTS!



Founded by  
**THE GUT HEALTH DOCTOR®**

Did you know that good gut health starts with your gut microbiome? Your biome is made up of the trillions of microbes, including good bacteria, that live within you. It plays an important role in keeping you healthy and happy. If you look after your biome by eating plenty of diverse, plant-based foods, it can look after you in return.

That's why we've created science-backed recipes using a wide range of plant-based foods. Every spoonful is packed full of deliciously diverse plant goodness to help you and your biome flourish.

*Dr. M. Rossi*

Dr Megan Rossi, BSc PhD RD  
 Discover what greater gut health can do for you:  
[www.bioandme.co.uk](http://www.bioandme.co.uk)



**NO ADDED SUGAR**



**GOOD FOR YOUR GUT\***

**GLUTEN FREE GRANOLA**  
**FRUIT & NUT**



**HIGH IN FIBRE • PLANT-BASED DIVERSITY • VEGAN FRIENDLY**

**Bio & Me**

**DELICIOUS DIVERSITY**

**13**  
**PLANT-BASED FOODS**

Made with 13 of your 30 weekly diverse plant-based foods.

- Almonds, Currants & Dates
- & Carrot
- & Cashews
- & Chicory Root
- & Extra Virgin Olive Oil
- & Linseeds
- & Mango
- & Pumpkin Seeds
- & Quinoa
- & Sunflower Seeds
- & Wholegrain Oats

**INSIDE KNOWLEDGE**  
 Did you know that 70% of your body's immune system lives in your gut?

**31**

**www.bioandme.co.uk**

ARE YOU A SHAKER OR A STIRrer? For the right mix of delicious diversity in every bowl, give the box a little shake. Or a stir. Whichever takes your fancy.

**CRUNCHY GUT-LOVING OAT GRANOLA WITH DRIED FRUIT, SEEDS AND NUTS.**

OUR INGREDIENTS: Gluten Free Wholegrain Oats (50%), Dried Fruit (17%) (Dates, Currants, Seeds (9%) (Sunflower, Pumpkin, Brown Linseed, Golden Linseed), Chicory Root Fibre, Soya Protein Crispie (Isolated Soya Protein), Nuts (4%) (Almonds, Cashew Nuts), Extra Virgin Olive Oil, Quinoa, Dried Carrot, Freeze Dried Mango (0.5%), Natural Flavouring.

ALLERGY ADVICE: For allergens, see ingredients in bold. Produced in a facility that handles other Tree Nuts, Peanuts, Sesame, Milk and Egg.

STORAGE: Simply seal the bag, pop in the box (remember to tuck down the lid for freshness) and store in a cool, dry spot. It's best eaten within a month, but we doubt it'll last that long!

BEST BEFORE: See base of pack.

If you have any questions, drop us an email at [hello@bioandme.co.uk](mailto:hello@bioandme.co.uk)

\*This granola contains oat grain fibre that contributes to an increase in faecal bulk. \*\*Contributes to the maintenance of normal bones. \*\*\*Contributes to a reduction of tiredness and fatigue. Contributes to normal energy yielding metabolism. \*\*\*\*Contributes to the maintenance of normal skin, hair and nails.

Enjoy as part of a varied, balanced diet & healthy lifestyle.

UK: Bio&Me, 1 Castle Drive, Chester, CH1 1SL  
 EU: Bio&Me, Suite 10601, 27 Upper Pembroke Street, Dublin 2, D02 X361

**Certified**  


**PLEASE RECYCLE ME!** 350g e

**5 060853 64 1015**

**BOX | BAG**  
**RECYCLE WITH BAGS AT LARGER STORES**  
**Widely Recycled** **Check Locally Kerbside**  
**Best before:**

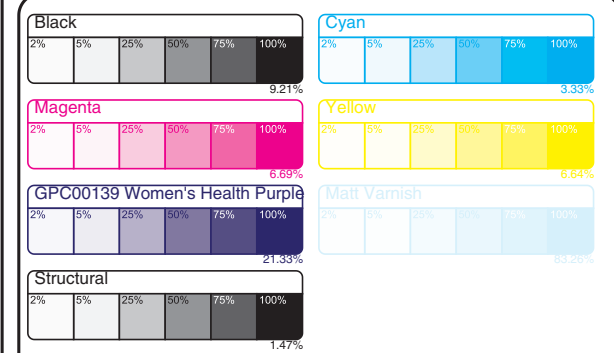


Interlink Park  
Bardon  
Leicestershire  
LE67 1PE  
Tel: 01530 518200

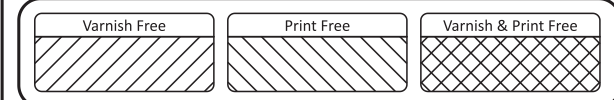
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