

Original Gut-Loving Prebiotic Yoghurt
INGREDIENTS: Yoghurt (Milk), fermented
 with 18 different live and active
 cultures, Chicory Root Fibre.
ALLERGY ADVICE: For allergens,
 see ingredient in BOLD.

NUTRITION INFORMATION		
TYPICAL VALUES	PER 100g	PER 150g Serving
Energy	330kJ / 79kcal	495kJ / 119kcal (6% $\dagger$)
Fat	3.1g	3.9g (20% $\dagger$)
of which saturates	2.6g	10.8g (4% $\dagger$)
Carbohydrate	7.2g	10.8g (12% $\dagger$)
of which sugars	7.2g	2.6g (9% $\dagger$)
Fibre	1.7g	7.1g (14% $\dagger$)
Protein	4.8g	0.29g (35% $\dagger$)
Salt	0.19g	282mg (30% $\dagger$)
Calcium	188mg (24% $\dagger$)	209mg (30% $\dagger$)
Phosphorus	139mg (20% $\dagger$)	0.4mg (28% $\dagger$)
Vitamin B2	0.26mg (19% $\dagger$)	0.8µg (30% $\dagger$)
Vitamin B12	0.51µg (20% $\dagger$)	

You'll only find naturally occurring
 sugars and salt in our yoghurt.
 $\dagger$ = % of Reference intake (RI) of an
 average adult (8400kJ/2000kcal)

Each serving contains 2g of your
 12g per day of chicory inulin, which
 contributes to normal bowel function
 by increasing stool frequency.

This yoghurt is a source of Vit B12
 which contributes to the normal
 functioning of the immune system.



STORAGE: Please keep refrigerated
 between 0-5°C. For use by date, see lid.
 Once open, eat within 3 days.

350g e

**IMMUNITY
 SUPPORT™**

Bio & Me®

**GOOD
 FOR YOUR
 GUT***

Original

**GUT-LOVING
 LIVE YOGHURT**

BILLIONS OF LIVE AND ACTIVE CULTURES



THE
 GUT
 HEALTH
 DOCTOR

I created this recipe
 to be packed full
 of my favourite
 live cultures. It's
 microbe-made with
 the help of our
 expert dairy. I hope
 you and your gut
 microbes love it
 - enjoy!

Dr. M. Rossi

**PREBIOTIC
 LIVE YOGHURT**
 with 18 different
 culture strains



Source of
 calcium



No artificial
 sweeteners



No thickeners
 or emulsifiers



No added
 sugar



High in
 protein



Source
 of Vitamins
 B2 & B12

Suitable for Vegetarians

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Recycle me. POT: Recycle
 SLEEVE: Remove & Recycle
 LID: Not yet Recyclable