

Graphic Packaging Item Reference:  
407700\_75870\_001

Customer:	Bio & Me (Bio & Me)
Product Description:	Super Berry Oat Bar
Customer Product Code:	12BAR033
Graphics Service Provider:	Other
GSP Artwork Code:	Bio&Me_MultiPackBar_SUPERBERRY_P46920D1B
Carton Design Number:	OUTLINED P46920D1B
Carton Style:	Freemantle Automated skillet
Carton Sizes:	125 x 22 x 150mm
Qty Inks Front:	6
Qty Inks Reverse:	
Qty Varnish Front:	1
Qty Varnish Reverse:	
Front Design Print Face:	Coated Side
Die Reference:	75870
Cyrel Front Reference:	V1
Cyrel Reverse Reference:	
Braille Reference:	
Foiling Reference:	
Embossing Reference:	

<b>Black</b> 2% 5% 25% 50% 75% 100% 2.73%	<b>Cyan</b> 2% 5% 25% 50% 75% 100% 2.21%
<b>Magenta</b> 2% 5% 25% 50% 75% 100% 4.71%	<b>Yellow</b> 2% 5% 25% 50% 75% 100% 5.76%
<b>PANTONE 1925 C</b> 2% 5% 25% 50% 75% 100% 55.05%	<b>PANTONE 709 C</b> 2% 5% 25% 50% 75% 100% 18.29%
<b>Gloss Varnish</b> 1% 5% 25% 50% 75% 100%	<b>Structural</b> 2% 5% 25% 50% 75% 100%

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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Please check this proof carefully for content, text, spelling, layout, panel orientation, varnish free area, size, colour references and colour separations etc.

Graphic Packaging cannot accept any liability whatsoever for any errors overlooked once this proof has been approved for printing production.

**306**

**13** **125** **22** **125** **21**

**15** **21**

**148** **150** **192**

**15** **21**

**WHAT MAKES BIO&ME SPECIAL?**

NOthing ARTIFICIAL

VEGAN FRIENDLY

NO PALM OIL

PLANT-BASED DIVERSITY

NO ADDED SUGAR

GOOD FOR YOUR GUT

**WHY GUT HEALTH?**

It's no secret that we champion good gut health here at Bio&Me. In fact, we hope it's obvious that when it comes to looking after your gut (and you in general), we want to make things as deliciously easy for you as possible.

SCAN FOR MORE INFORMATION ON BIO&ME AND GUT HEALTH

**NUTRITION INFORMATION**

TYPICAL VALUES	PER 100g	PER 38g Serving	% RI PER Serving
Energy	1807kJ 433 kcal	687kJ 165 kcal	8%
Fat of which saturates	21g 2.9g	8.0g 1.1g	11% 6%
Carbohydrate of which sugars	45g 14g	17.1g 5.3g	7% 6%
Fibre	16g	6.1g	20%*
Protein	8.8g	3.3g	7%
Salt	0.05g	0.02g	<1%
Calcium	490mg	186mg	23%

\*The NHS recommends adults consume 30g of Fibre a day.  
RI - Reference Intake of an average adult (8400kJ/2000kcal).

**3x38g e**

**I'M MADE WITH DIFFERENT PLANT-BASED FOODS**

**NO ADDED SUGAR**

**3x38g e FLAPJACKS**

Founded by The Gut Health Doctor®

**Bio & Me**

**SUPER BERRY OAT BAR**

**GOOD FOR YOUR GUT\***

**GOOD GUT HEALTH JUST GOT DELICIOUSLY EASY!**

**@BIOANDMEUK**

**High in Fibre • All Natural • Gluten Free**

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

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12BAR033

**BEST BEFORE:**

Graphic Packaging Item Reference:  
**407700\_75870\_001**

<b>Customer:</b>	Bio & Me (Bio & Me)
<b>Product Description:</b>	Super Berry Oat Bar
<b>Customer Product Code:</b>	12BAR033
<b>Graphics Service Provider:</b>	Other
<b>GSP Artwork Code:</b>	Bio&Me_MultiPackBar_SUPERBERRY_P46920D1rB
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<b>Front Design Print Face:</b>	Coated Side

<b>Die Reference:</b>	75870
<b>Cyrel Front Reference:</b>	V1
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<b>Black</b> 2% 5% 25% 50% 75% 100% 2.73%	<b>Cyan</b> 2% 5% 25% 50% 75% 100% 2.21%
<b>Magenta</b> 2% 5% 25% 50% 75% 100% 4.71%	<b>Yellow</b> 2% 5% 25% 50% 75% 100% 5.76%
<b>PANTONE 1925 C</b> 2% 5% 25% 50% 75% 100% 55.03%	<b>PANTONE 709 C</b> 2% 5% 25% 50% 75% 100% 18.29%
<b>Gloss Varnish</b> 0% 100% 100% 100%	<b>Structural</b> 2% 5% 25% 50% 75% 100%

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<b>Varnish Free</b> [Hatched pattern]	<b>Print Free</b> [Hatched pattern]	<b>Varnish &amp; Print Free</b> [Cross-hatched pattern]
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