

# Rivendell

File ID: RIV170601

Client: Bio&Me  
 Client Ref: -  
 Description: Overnight oats: Raspberry & Coconut

Previous Artwork Reference: RIV170529

Size H: 299mm  
 Size W: 390mm  
 Technical Drawing: P45317D3rA

Barcode Number: 5060853641145  
 Barcode Type: EAN - 13 Mag: 100 BWR: 33 Micron  
 Barcode Number: n/a  
 Barcode Type: n/a Mag: n/a BWR: n/a

Printer: GRAPHIC PACKAGING BARDON  
 Print Process: Litho  
 Pilot Parameters: GRAPHIC PACKAGING BARDON-LEICESTER-Litho-39Lxmi  
 Profiled to: 39L  
 Print Side: Surface

PM Contact: Janine Vipond  
 Operator: janine.vipond@rivendellgraphics.com  
 Creation Date: 14.08.25  
 Modified Date: 21.08.25

## Colours

5	25	50	1.	Cyan
5	25	50	2.	Magenta
5	25	50	3.	Yellow
5	25	50	4.	Black
5	25	50	5.	PANTONE 1945 C
5	25	50	6.	Matt_Varnish
5	25	50		Cutter
5	25	50		Dimensions

Artwork Version: 04  
 Repro Version: 00

# Rivendell

## How to view this PDF correctly

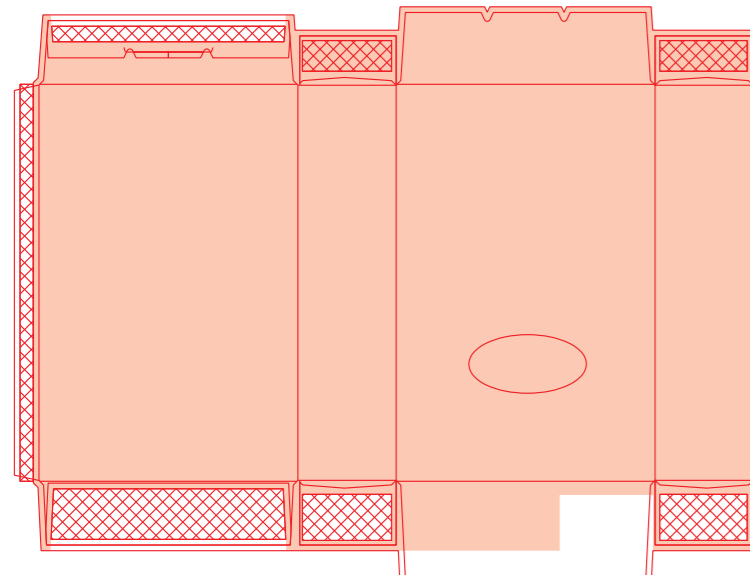
Adjust your preferences within Acrobat as follows:  
 Edit Menu > Preferences > Page Display > Ensure  
 "Use Overprint Preview" is set to "Always".

www.rivendellgraphics.com

## PLEASE NOTE

PANTONE USED IS THE CLOSEST TO THE  
 BREAKDOWN PROVIDED. MICHAEL TO  
 CHOOSE PREFERRED MATCH FROM  
 PANTONE IF REQUIRED.

MATT VARNISH @ 25% SCALE



13
137
52
137
51

34
26
38

210
209
210
299

34
51

### WHAT MAKES BIO&ME SPECIAL?

14 PLANT-BASED FOODS

NO ADDED SUGAR

HIGH IN FIBRE

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

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 with 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.

Enjoy!

*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)

# Bio & Me

NO ADDED SUGAR

GOOD FOR YOUR GUT\*

## OVERNIGHT OATS

### RASPBERRY & COCONUT

INSTANT READY IN 3 MINS

HIGH IN FIBRE • PLANT-BASED DIVERSITY • ALL NATURAL

5 060853 641145

# Bio & Me

DELICIOUS DIVERSITY

## 14 PLANT-BASED FOODS

Made with 14 of your 30 weekly diverse plant-based foods:

- Raspberries & Coconut
- & Almonds
- & Buckwheat
- & Carrot
- & Chia Seeds
- & Currants
- & Dates
- & Linseeds
- & Pumpkin Seeds
- & Quinoa
- & Strawberries
- & Sunflower Seeds
- & Wholegrain Oats

INSIDE KNOWLEDGE  
 Did you know that your gut is 9m long? That's one great glorious gut!

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!

350g e

BOX CARD RECYCLE WITH BAGS AT LARGER STORES  
 BAG RECYCLE WITH BAGS AT LARGER STORES

Best before: