

Product Information
Product Code:
BME-BD05-0010W
Description:
Super Berry Granola Aperture

Customer Code: RIV154190
Keyline Ref: RAD-03232
Cutter Ref: SNP552W2

Job Information
Date: 28-04-2023
Artwork Version: 01
Operator: rob simpson
Proof Size: 100%
Size: 390mm x 299mm
GSP/Artwork House: ow
Profile: 39L Litho

Barcode Information
Code: <https://bioandme.co.uk/>
Type: QR

Code: 5037794781155
Type: EAN 13

Code: 5060853640124
Type: EAN 13

Code:
Type:

Code:
Type:

Code:
Type:

Code:
Type:

Colour Information

- Cyan
Angle: 15° Ruling: 150lpi
Type: Normal Coverage: 1.8%
 - Magenta
Angle: 75° Ruling: 150lpi
Type: Normal Coverage: 9.39%
 - Yellow
Angle: 90° Ruling: 150lpi
Type: Normal Coverage: 9.32%
 - Black
Angle: 45° Ruling: 150lpi
Type: Normal Coverage: 8.84%
 - PANTONE Red 032 C
Angle: 45° Ruling: 150lpi
Type: Normal Coverage: 21.61%
 - PANTONE 482 C
Angle: 45° Ruling: 150lpi
Type: Normal Coverage: 19.22%
- Satin Pattern Varnish
Angle: 45° Ruling: 150lpi
Type: Varnish Coverage: 83.38%

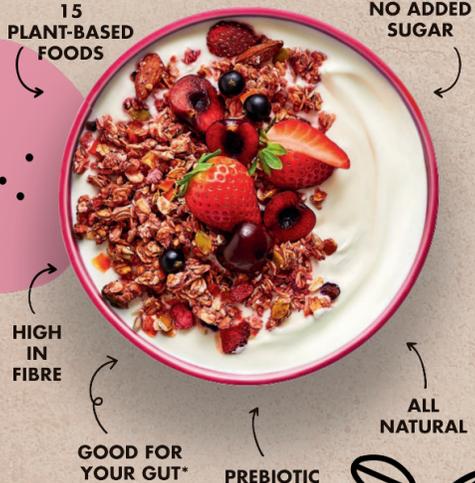


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ARE YOU A SHAKER OR A STIRRER?
For the right mix of delicious diversity in every bowl, give the box a little shake. Or a stir. Whichever takes your fancy.

WHAT MAKES BIO&ME SPECIAL?



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

BLACKCURRANT, CHERRY & STRAWBERRY GUT-LOVING PREBIOTIC GRANOLA

OUR INGREDIENTS: Wholegrain Oats (60%), Dates, Chicory Root Fibre, Seeds (6%) (Sunflower, Pumpkin, Brown Linseed), Extra Virgin Olive Oil, Dried Carrot, Puffed Brown Rice, Skin on Almonds, Freeze Dried Berries (2%) (Blackcurrant, Cherry, Strawberry), Dried Beetroot, Quinoa, Beetroot and Carrot Extract, Natural Flavourings.
ALLERGY ADVICE: For allergens, including cereals containing gluten, see ingredients in bold. Produced in a facility that also handles other Tree Nuts.
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
* This granola contains 2g of your 12g per day of chicory inulin, which contributes to normal bowel function by increasing stool frequency. Essentially, it helps you poop more regularly.
Enjoy daily as part of a balanced diet and healthy lifestyle.

UK: Bio&Me, 1 Castle Drive, Chester, CH1 1SL
EU: Bio&Me, Suite 10601, 27 Upper Pembroke Street, Dublin 2, D02 X362



NUTRITION INFORMATION

TYPICAL VALUES	PER 100g	PER 60g Serving	% RI PER Serving
Energy	1652 kJ 395 kcal	991 kJ 237 kcal	12%
Fat of which saturates	13.6g 2g	8.2g 1.2g	12% 6%
Carbohydrate of which sugars	49.9g 9.5g	29.9g 5.7g	12% 6%
Fibre	14.7g	8.8g	29%
Protein	10.8g	6.5g	13%
Salt	0.04g	0.02g	<1%

You'll only find naturally occurring sugars and salt from plant-based foods in our granola. No added sugars or salt here! We recommend 60g per serving to keep your taste buds and biome satisfied.
*Reference Intake of an average adult (8400kJ/2000kcal)
RI = Reference Intake.

PLEASE RECYCLE ME! **360g e**

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



Created by



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 I've created this science-backed, prebiotic granola with 15 plant-based foods. Every spoonful is packed full of deliciously diverse plant goodness to help you and your biome flourish.

Transform your gut, transform your life!

Dr. M. Rossi

Dr Megan Rossi, BSc PhD RD
Discover what greater gut health can do for you: www.bioandme.co.uk



Created by The Gut Health Doctor

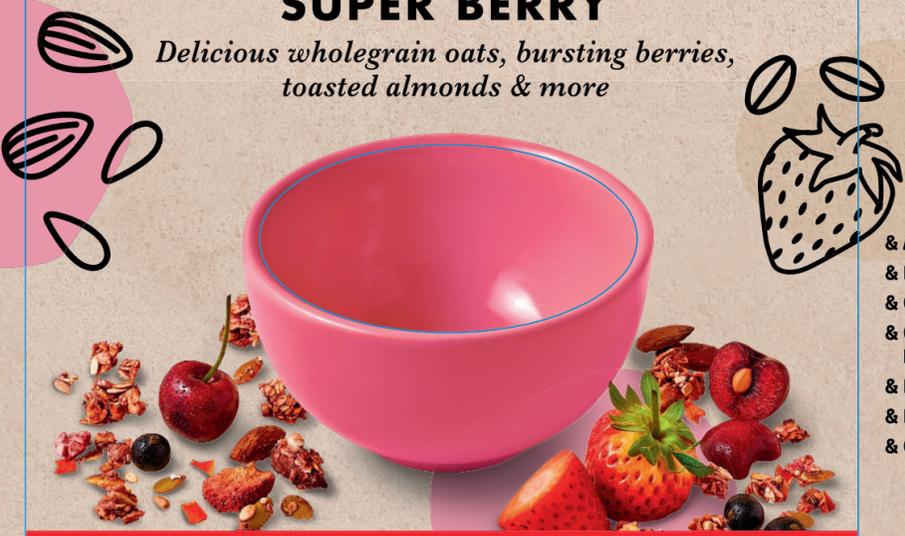
NO ADDED SUGAR



GOOD FOR YOUR GUT*

GRANOLA SUPER BERRY

Delicious wholegrain oats, bursting berries, toasted almonds & more



PREBIOTIC • HIGH IN FIBRE

INSIDE KNOWLEDGE
Did you know that your gut health has been linked to the health of many other organs like your heart and brain?



DELICIOUS DIVERSITY

15

PLANT-BASED FOODS +PREBIOTICS

Made with 15 of your 30 weekly diverse plant-based foods and prebiotic fibres that help your mighty microbes thrive.

Blackcurrant, Cherry & Strawberry

- & Almonds
- & Beetroot
- & Carrot
- & Chicory Root
- & Dates
- & Linseeds
- & Olive Oil
- & Brown Rice
- & Pumpkin Seeds
- & Quinoa
- & Sunflower Seeds
- & Wholegrain Oats

[@bioandmeuk](https://www.bioandmeuk.co.uk)
www.bioandmeuk.co.uk

BME-BD05-0010W



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Best before:

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