

hey LO!

LOWER CARB HELLO FREEDOM



**KETO-
FRIENDLY**



**HIGH
IN FIBRE**



**PRESERVATIVE &
SEED OIL FREE**



**BUY
WOMEN
BUILT**

Seeded White Bagels

2 x 50g RRP £6.99



Ingredients: Water, **Wheat** Gluten, **Oat** Fibre, Coconut Oil, Potato Starch, Yeast, White **Sesame**, Black **Sesame**, Salt, Inactive Dry Yeast, Brown Flax Seeds, Dried Skimmed **Milk**, Golden Flax Seeds, Thickener: Xanthan Gum, Sweetener: Erythritol, **Wheat** Flour (with calcium, iron, niacin, thiamine), Flour treatment: Ascorbic Acid.

Nutrition: Per 100g / Per 50g Bagel

Energy (kJ) 1338 / 669

Energy (kcal) 319 / 159

Fat (g) 8.7 / 4.4

Of which saturates (g) 4.2 / 2.1

Carbohydrate (g) 8.2 / 4.1

Of which sugars (g) 1.1 / 0.6

Fibre (g) 11.5 / 5.8

Protein (g) 46.6 / 23.3

Salt equivalent (g) 0.98 / 0.49

**A HELPING HAND
FROM A BAGEL.
WHO KNEW?**



Allergens stated in **Bold**.
*MLOR up to 10 days chilled,
dependent on distribution channel.

Seeded Brown Bagels

2 x 50g RRP £6.99



Ingredients: Water, **Wheat** Gluten, **Oat** Fibre, Coconut Oil, Linseed Ground, **Sesame** Seeds, Yeast, Potato Starch, **Barley** Malt, **Barley** Malt Extract, Anti-caking Agent: Calcium Carbonate, Inactive Dry Yeast, Salt, Dried Skimmed **Milk**, Thickener: Xanthan Gum, Flour Treatment: Ascorbic Acid.

Nutrition: Per 100g / Per 50g Bagel

Energy (kJ) 1161 / 581

Energy (kcal) 280 / 140

Fat (g) 11.6 / 5.8

Of which saturates (g) 6.7 / 3.4

Carbohydrate (g) 7.6 / 3.8

Of which sugars (g) 0.3 / 0.2

Fibre (g) 13.4 / 6.7

Protein (g) 26.7 / 13.4

Salt equivalent (g) 1.07 / 0.5

**A HELPING HAND
FROM A BAGEL.
WHO KNEW?**



Allergens stated in **Bold**.
*MLOR up to 10 days chilled,
dependent on distribution channel.



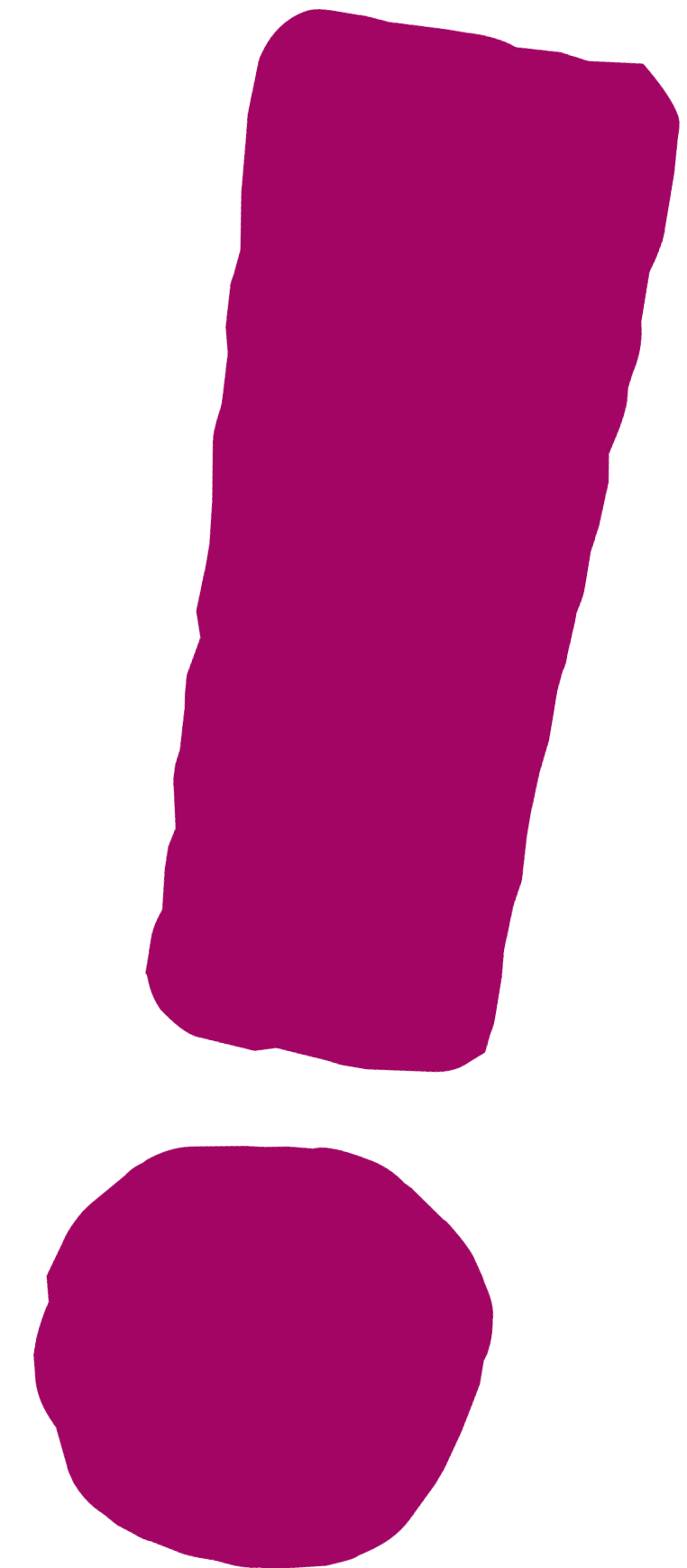
CUSTOMER REVIEWS

'**Amazing** products! The bagels, toasted with cream cheese are **outstanding**. My my didn't even know she wasn't eating traditional bread, 10/10, total **game changer** for me being **Keto**. Will be buying again, thanks x'

'Ordered 2 seeded bread and 2 packs of bagels. The seeded bagels are for me, the **star of the show** though. Huge and very **soft**. Grill really nicely and **delicious**. I prefer them to the usual bagels I've always bought. Definitely going to reorder those.'

'These have been a long time **favourite** of mine for about 10 months so have ordered many times, they are **perfect** sliced in half with some cream cheese and smoked salmon or toasted up with some peanut butter on. Possibly my favourite of the Heylo range and always keep my **glucose levels** nice and stable'

'I'm really **surprised** how nice these are. I love all bread and these are making my low carb diet so much **easier!!**'



Lighter White Loaf

320g RRP £8.99



Ingredients: Water, **Wheat** Gluten, **Oat** Fibre, Coconut Oil, Potato Starch, Yeast, Salt, Inactive Dry Yeast, Dried Skimmed **Milk**, Thickener: Xanthan Gum, Sweetener: Erythritol, **Wheat** Flour (with calcium, iron, niacin, thiamine), Flour Treatment: Ascorbic Acid.

Nutrition: Per 100g / Per 20g Slice

Energy (kJ) 901 / 180

Energy (kcal) 215 / 43

Fat (g) 5.9 / 1.2

Of which saturates (g) 4.1 / 0.8

Carbohydrate (g) 7.1 / 1.4

Of which sugars (g) 0.8 / 0.2

Fibre (g) 12.6 / 2.5

Protein (g) 27.9 / 5.6

Salt equivalent (g) 1.15 / 0.23

Allergens stated in **Bold**.
*MLOR up to 10 days chilled,
dependent on distribution channel.

LIFE'S TOO SHORT
**NOT TO EAT
TOAST IN BED!**



Better Brown Loaf

320g RRP £8.99



Ingredients: Water, **Wheat** Gluten, **Oat** Fibre, Coconut Oil, Linseed Ground, Yeast, Potato Starch, **Barley** Malt, **Barley** Malt Extract, Anti-caking Agent: Calcium Carbonate, Inactive Dry Yeast, Salt, Dried Skimmed **Milk**, Thickener: Xanthan Gum, Flour Treatment: Ascorbic Acid.

Nutrition: Per 100g / Per 20g Slice

Energy (kJ) 986 / 197

Energy (kcal) 237 / 47

Fat (g) 8.8 / 1.8

Of which saturates (g) 4.1 / 0.8

Carbohydrate (g) 5.6 / 1.3

Of which sugars (g) 0.3 / 0.1

Fibre (g) 11.8 / 2.4

Protein (g) 24 / 4.8

Salt equivalent (g) 0.98 / 0.2

Allergens stated in **Bold**.

*MLOR up to 10 days chilled,
dependent on distribution channel.

LIFE'S TOO SHORT
**NOT TO EAT
TOAST IN BED!**





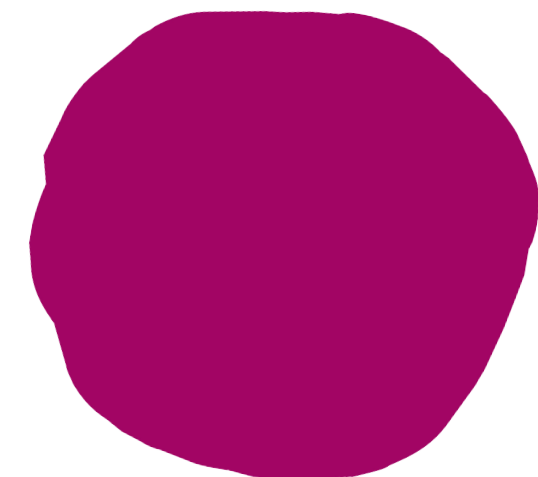
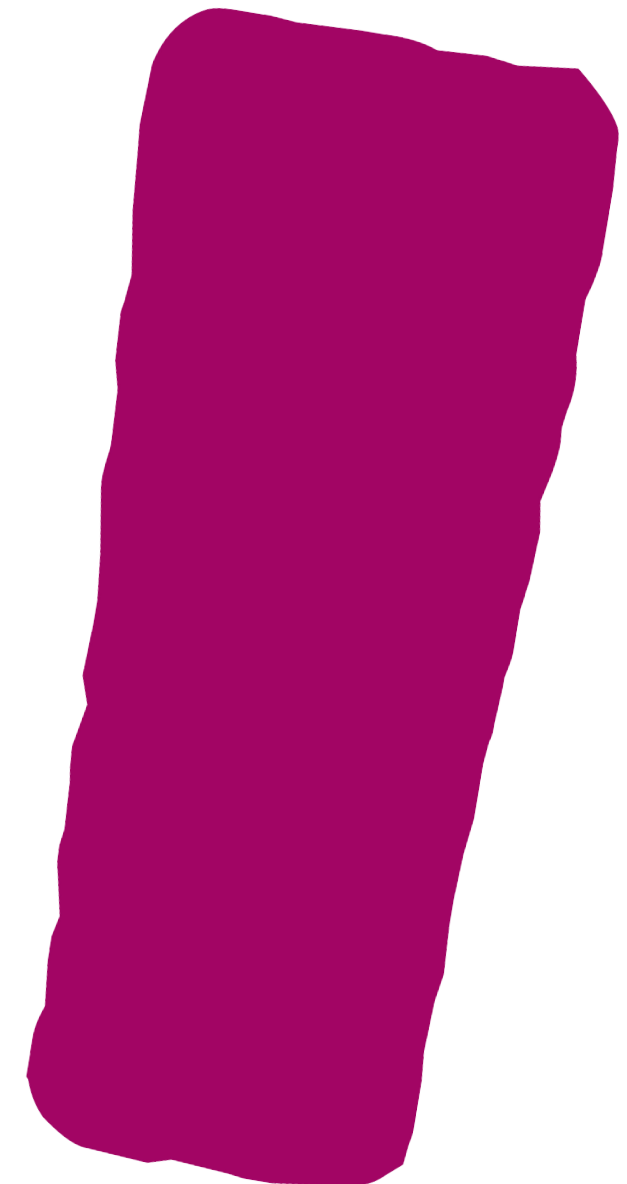
CUSTOMER REVIEWS

'Really **pleased** with this bread. As a newly diagnosed Type 2 **diabetic** it has allowed me to **enjoy** sandwiches & breakfast as I would like to. Very **happy** thank you'

'This was my second order with Heylo and will not be my last, when you haven't had bread for a long time on a **low carb** diet, the Heylo Bread is an absolute **stunning** vessel for my Bacon, eggs and sausage. Thanks Heylo, will be **ordering again** very soon'

'When I started doing **Keto** the idea that I would be able to eat delicious bread seemed ridiculous, until I found Heylo! Best money I've spent in a while! Now when the mood strikes and I just **can't resist**, I can still have a cheese toasty! This white loaf **tastes better** than most regular ones from the supermarket!'

'**Wow**, just when you thought the Heylo products couldn't get better. Along comes this **yummy** brown loaf. Taste is fab, texture great and it is **so filling** too with a good amount of fibre in a piece '





**LOWER CARB
HELLO FREEDOM**