

Porridge oats with blackcurrants, dried fruit, mixed seeds and fermented milk with live cultures.

Ingredients: Pasteurised Cow's Milk with Live Kefir Cultures, Gluten Free Rolled Oats (10%), Blackcurrant Puree (3.6%), Fruit Concentrate (Carob, Apple, Grape), Chicory Root Powder, Cranberry (2.7%) (Dried Cranberry, Apple Juice Concentrate, Sunflower Oil), Milled Seeds (Flaxseed, Sunflower Seeds, Pumpkin Seeds), Dried Apple, Pectin (from Fruit), Natural Flavours, Lemon Concentrate.

For Allergens: See ingredients in **bold**.
Use by date: Please see lid. **Stir well** before consuming.
Storage: Keep refrigerated at 1-5°C. Once opened use within 2 days.

Made in the UK for Biotiful Dairy Ltd:
 UK: PO Box 55560, London, SW7 9DJ.
 EU: 3rd Floor Ulysses House, Foley Street, Dublin 1, Ireland.

*Biotiful Kefir is a source of calcium which contributes to the normal function of digestive enzymes.
 **Biotiful Kefir is a source of Vitamin B12 which supports the normal functioning of the immune system.



Biotiful facts



biotifulguthealth.com
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Biotiful
 gut health



high fibre

immunity support**

no sugar added

kefir
OVERNIGHT OATS
 mixed berry

By volume sales - visit www.biotifulguthealth.com for verification.

Nutritional Information

Typical Values	Per 100g	1 serving (150g)
Energy, kcal (kJ)	123 (511)	184 (766)
Fat (g)	3.7	5.6
of which saturates (g)	1.7	2.6
Carbohydrates (g)	15.8	24
of which sugars*** (g)	7.7	12
Fibre (g)	4.1	6.2
Protein (g)	4.2	6.3
Salt (g)	0.07	0.10
Vitamins and Minerals	% of reference intake per 100g	
Riboflavin B2 (mg)	8%	
Vitamin B12 (µg)	15%	
Calcium (mg)	15%	
Phosphorus (mg)	10%	

Per 100g
 0.09
 0.37
 120
 57



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