

Mango Gut-Loving Prebiotic Yoghurt
INGREDIENTS: Yoghurt (Milk), fermented with 18 different live and active cultures, Mango Puree (12%), Chicory Root Fibre, Natural Flavouring.
ALLERGY ADVICE: For allergens, see ingredient in BOLD.

TYPICAL VALUES	PER 100g	PER 150g Serving
Energy	343kJ / 82kcal	515kJ / 123kcal (6% $\dagger$)
Fat	2.8g	3.6g (6% $\dagger$)
of which saturates	2.4g	3.6g (5% $\dagger$)
Carbohydrate	6.0g	12.0g (13% $\dagger$)
of which sugars	8.0g	3.0g (15% $\dagger$)
Fibre	2.0g	7.7g (15% $\dagger$)
Protein	5.1g	0.38g (35% $\dagger$)
Salt	0.26g	282mg (30% $\dagger$)
Calcium	188mg (24% $\dagger$)	209mg (30% $\dagger$)
Phosphorus	139mg (26% $\dagger$)	0.4mg (29% $\dagger$)
Vitamin B2	0.27mg (19% $\dagger$)	0.7µg (30% $\dagger$)
Vitamin B12	0.49µg (20% $\dagger$)	

You'll only find naturally occurring sugars and salt in our yoghurt.
 $\dagger$ = % of Reference Intake (RI) of an average adult (8400kJ/2000kcal)
 Each serving contains 2g of your 12g per day of chicory inulin, which contributes to normal bowel function by increasing stool frequency.

This yoghurt is a source of Vit B12 which contributes to the normal functioning of the immune system.

GB 51002 350g e

STORAGE: Please keep refrigerated between 0-5°C. For use by date, see lid. Once opened, eat within 3 days.



Produced in the UK for Bio&Me Ltd,
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Bio & Me®

GOOD
FOR YOUR
GUT*

Mango

GUT-LOVING
LIVE YOGHURT

BILLIONS OF LIVE AND ACTIVE CULTURES

IMMUNITY
SUPPORT™



I created this recipe to be packed full of my favourite live cultures. It's microbe-made with the help of our expert dairy. I hope you and your gut microbes love it - enjoy!

Dr. M. Rossi

PREBIOTIC
LIVE YOGHURT
with 18 different
culture strains



Source of calcium



No artificial sweeteners



No thickeners or emulsifiers



No added sugar



High in protein



Source of Vitamins B2 & B12

Suitable for Vegetarians

www.bioandmeuk

Recycle me. POT: Recycle

SLEEVE: Remove & Recycle

LID: Not yet Recyclable