

Product Information

Product Code:
BME-BD05-0014V
Description:
Super Seedy&Nutty Granola Aper

Customer Code: RIV154191
Keyline Ref: RAD-03232
Cutter Ref: SNP5552W2

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: 5037794781162
Type: EAN 13

Code: 5070000126579
Type: EAN 13

Code:
Type:

Code:
Type:

Code:
Type:

Code:
Type:

Colour Information

Cyan	Angle: 15° Ruling: 150lpi Type: Normal Coverage: 2.11%
Magenta	Angle: 75° Ruling: 150lpi Type: Normal Coverage: 8.77%
Yellow	Angle: 90° Ruling: 150lpi Type: Normal Coverage: 11.28%
Black	Angle: 45° Ruling: 150lpi Type: Normal Coverage: 8.62%
PANTONE 7619 C	Angle: 45° Ruling: 150lpi Type: Normal Coverage: 21.55%
PANTONE 482 C	Angle: 45° Ruling: 150lpi Type: Normal Coverage: 19.07%
Satin Pattern Varnish	Angle: 45° Ruling: 150lpi Type: Varnish Coverage: 83.38%

IMPORTANT: The PDF proof format is for visual purposes only and not to be used for colour matching. When printing we will match any Pantone/Special Ink references specified above. If you wish to sign off for colour, please speak to your Coveris contact, requesting an Epson calibrated proof to be sent yourselves. Coveris Flexibles UK Ltd. Will not be liable for any errors after client signed approval. Please ensure all details are checked.

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"

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?

12
PLANT-BASED
FOODS

NO ADDED
SUGAR



HIGH
IN
FIBRE

GOOD FOR
YOUR GUT*

PREBIOTIC

ALL
NATURAL

SEED & NUT GUT-LOVING PREBIOTIC GRANOLA

OUR INGREDIENTS: Wholegrain Oats (60%), Dates, Chicory Root Fibre, Seeds (5%) (Pumpkin, Sunflower, Brown Linseed), Nuts (4%) (Skin on Almonds, Cashew Nuts), Extra Virgin Olive Oil, Dried Carrot, Puffed Brown Rice, Quinoa, Natural Flavouring.

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



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

NUTRITION INFORMATION

TYPICAL VALUES	PER 100g	PER 60g Serving	%RI PER Serving
Energy	1682 kJ 402 kcal	1009 kJ 241 kcal	12%
Fat of which saturates	14.4g 2.2g	8.6g 1.3g	12% 7%
Carbohydrate of which sugars	50.2g 9.6g	30.1g 5.8g	12% 6%
Fibre	14.4g	8.6g	29%
Protein	10.9g	6.5g	13%
Salt	0.03g	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 12 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

Bio & Me®

Created by The Gut Health Doctor

Bio & Me®

GOOD
• FOR YOUR •
GUT*

NO
ADDED
SUGAR

GRANOLA SUPER SEEDY & NUTTY

*Delicious wholegrain oats, toasted almonds,
with a sprinkle of pumpkin seeds & 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?

Bio & Me®

DELICIOUS
DIVERSITY

12

PLANT-BASED FOODS
+PREBIOTICS

Made with 12 of your 30 weekly diverse plant-based foods and prebiotic fibres that help your mighty microbes thrive.

Almonds & Cashews

& 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-BD05-0014V



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Best before:



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coveris.com

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