

Boston, Lincolnshire, PE21 7SZ

Tel: +44 (0) 1205 353353 coveris.com

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: Artwork Version: rob simpsor Proof Size: 390mm x 299mm

39L Litho

Barcode Information

Code: https://bioandme.co.uk/ Type: QR

Code: 5037794781162 Type: EAN 13

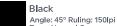
Type: EAN 13

Colour Information

gle: 15° Ruling: 150lpi

ngle: 75° Ruling: 150lp

Yellow





PANTONE 482 C

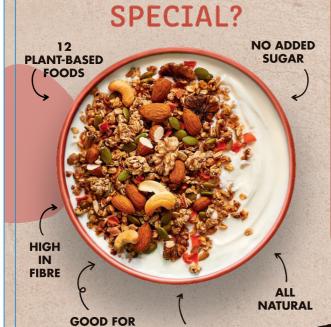
Satin Pattern Varnish Angle: 45° Ruling: 150lpi Type: Varnish Coverage: 83.38%

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"

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

WHAT MAKES **BIO&ME**



SEED & NUT GUT-LOVING PREBIOTIC GRANOLA

YOUR GUT*

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

PREBIOTIC

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! EST 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, DO2 X362



PER PER 60g †RI

†Reference Intake of an average adult (8400kJ/2000kcal)

PLEASE RECYCLE ME! 360g C

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

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 Megan Rossi, BSc PhD RD

Discover what greater gut health can do for you:

www.bioandme.co.uk

BME-BD05-0014V

keeping you healthy and happy.

If you look after your biome

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.



ON BIO&ME AND

NUTRITION INFORMATION

0000	VALUES	100g	Serving	PER Serving
000000000000000000000000000000000000000	Energy	1682 kJ 402 kcal	1009 kJ 241 kcal	12%
COLORODO TO COLORO	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.

Created by The Gut Health Doctor

SUGAR

NO

ADDED

GOOD FOR YOUR GUI

GRANOLA

SUPER SEEDY & NUTTY

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



PREBIOTIC • HIGH IN FIBRE

Widely Recycled Best before

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

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

У G ⊚bioandmeuk www.bioandmeuk.co.uk



Tenens Way, Riverside Industrial Estate, Boston, Lincolnshire, PE21 7SZ Tel: +44 (0) 1205 353353

coveris.com

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:
Operator: rob simpson
Proof Size: 100%
Size: 390mm x 299mm
GSP/Artwork House: 0W
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:

Colour Information

Satin Pattern Varnish Angle: 45° Ruling: 150lpi Type: Normal 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"

