

Wow  
no cow!

## THE BORING (BUT VERY IMPORTANT) SIDE

If this side bores you, please read no further. Flip the carton around and have a wonderful day. Otherwise, please do enjoy.

Organic oat drink,  
1.5% fat.

### Ingredients:

Water, OATS\* 10%,  
rapeseed oil\*, see  
salt.

\*Organic ingredient.

Free from milk and  
soya.

### Best before:

See top of pack.  
Once opened consume  
within 5 days.

### Storage:

Keep refrigerated.

Oatly UK Ltd.,  
78 Courcross Street,  
London EC1M 6EJ.  
Oatly AB,  
Stora Varvsgratan 6a,  
SE-211 19 Malmö.  
Freephone numbers:  
0800 22881234  
info.uk@oatly.com  
www.oatly.com

Please recycle.



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### Nutrition Information per 100 ml:

Energy	203 kJ/ 48 kcal
Fat	1.5g
of which saturates	0.2g
Carbohydrate	7.2g
of which sugars	3.5g*
Fibre	0.8g
Protein	1.1g
Salt	0.10g

\*Natural sugars from  
oats.

### Climate footprint:

0.42 kg CO<sub>2</sub>e per kg.  
Source: CarbonCloud.



SE-EKO-01  
EU agriculture



Thank you for choosing a  
good package. It is made  
mainly from plant-based  
materials. Check locally  
for how to recycle.  
Read more: tetrapak.com



## BEDTIME STORIES WITH MIKE

If you're having trouble sleep-  
ing, don't worry, Mike is here  
to help. He has broken out the  
2018 Sustainability Report and  
turned it into a multi-chapter  
good night bedtime story that  
will put you to sleep in no time.

You might not think Mike has  
what it takes to knock you out,  
which is why I asked him what  
he thinks about your potential  
disbelief: "Dude, I actually  
fell asleep recording them."

Please keep in mind it is not  
recommended to operate  
a vehicle of any kind  
while listening to Mike,  
for obvious reasons.



"SHAKE"  
"ME!"

Tetra Pak®  
Tetra Rex®

## INFREQUENTLY ASKED QUESTIONS

DO I  
NEED TO  
PRACTICE  
OR PREPARE  
FOR OAT  
DRINK?

Obviously when trying something new  
for the first time like swagg bouncing  
or oat drink, it's natural to want  
to succeed. Luckily oat drink is not  
swagg bouncing in a number of ways,  
most notably it not being an inter-  
net dance phenomenon that demands  
rhythm, coordination and a vlogger  
tripod set-up to master. It was in-  
vented almost 30 years ago by us in  
Sweden as a plant-based alternative  
to cow milk, with the intention of  
providing both maximum nutritional  
value and minimum environmental  
impact. But maybe its finest attribute  
is that it is relatively low-risk to  
try and if for some reason it doesn't  
work for you the first time, no worries,  
you can always invest in a 10 week  
performance-based online oat drink  
preparatory training program prior  
to your second attempt, so you should  
be fine.

THE ORIGINAL

OAT-  
LY!

OAT  
DRINK  
ORGANIC



No milk.  
No soy.  
No...eh...  
whatever.

CLIMATE  
FOOTPRINT  
0.42  
KG CO<sub>2</sub>e/KG

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