

Rivendell

File ID: RIV170726

Client: Bio&Me
 Client Ref: Overnight Oats - GF Cocoa
 Description: -
 Previous Artwork Reference: RIV170601
 Size H: 299mm
 Size W: 390mm
 Technical Drawing: P45317D3rA
 Barcode Number: 5060853641138
 Barcode Type: EAN - 13 Mag: 100 BWR: 33 Micron
 Barcode Number: n/a
 Barcode Type: n/a Mag: n/a BWR: n/a
 Printer: GRAPHIC PACKAGING BARDON
 Print Process: Litho
 Pilot Parameters: GRAPHIC PACKAGING BARDON-LEICESTER-Litho-39Lxmi
 Profiled to: 39L
 Print Side: Surface
 PM Contact: Janine Vipond
 Operator: janine.vipond@rivendellgraphics.com
 Creation Date: 22.08.25
 Modified Date: 26.08.25

Colours

5	25	50	1.	Cyan
5	25	50	2.	Magenta
5	25	50	3.	Yellow
5	25	50	4.	Black
5	25	50	5.	PANTONE 7601 C
5	25	50	6.	Matt_Varnish
5	25	50		Cutter
5	25	50		Dimensions

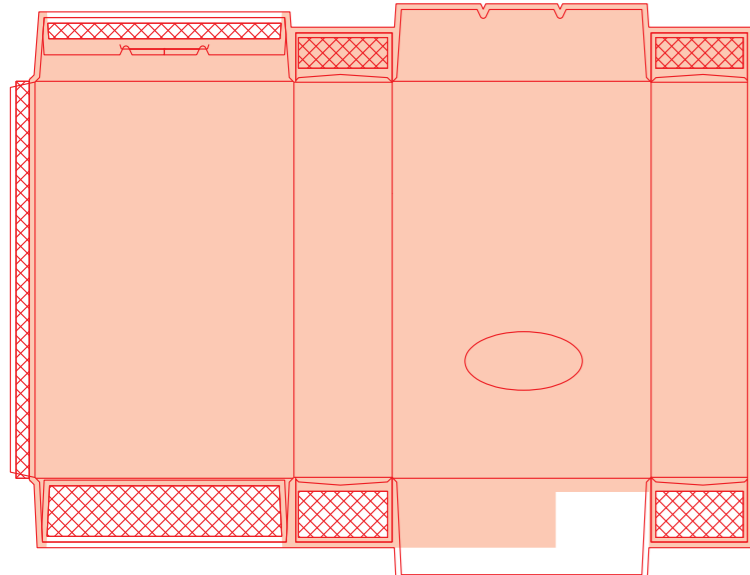
Artwork Version: 04
 Repro Version: 00

Rivendell

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".
www.rivendellgraphics.com

PLEASE NOTE
 PANTONE USED IS THE CLOSEST TO THE
 BREAKDOWN PROVIDED. MICHAEL TO
 CHOOSE PREFERRED MATCH FROM
 PANTONE IF REQUIRED.

MATT VARNISH @ 25% SCALE



PLEASE NOTE
 COCOA/OAT/PEANUT IMAGES ARE
 PLACEHOLDER - ONCE APPROVED
 HIGH-RES IMAGES WILL BE APPLIED.

13
137
52
137
51

34
26
38

210
209
210
299

34
51

WHAT MAKES BIO&ME SPECIAL?

12 PLANT-BASED FOODS

NO ADDED SUGAR

SOURCE OF PROTEIN

GOOD FOR YOUR GUT*

HIGH IN FIBRE

BACK PRINT THIS WAY

12 PLANT-BASED FOODS

NO ADDED SUGAR

SOURCE OF PROTEIN

GOOD FOR YOUR GUT*

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BACK PRINT THIS WAY

GUT-LOVING OVERNIGHT OATS WITH MIXED SEEDS, PEANUTS AND COCOA.

OUR INGREDIENTS: Gluten Free Wholegrain Oats (60%), Seeds (Chia (Salvia Hispanica), Sunflower, Pumpkin, Brown Linseed), Peanuts (9%), Dates, Cocoa Powder (5%), Quinoa Flakes, Buckwheat Flakes, Almonds, Dried Carrot, Natural Flavouring.

ALLERGY ADVICE: For allergens, see ingredients in bold. Produced in a facility that also handles Sesame Seeds, Milk, Soya and other Tree Nuts.

STORAGE: Store in a cool, dry place. 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

*These overnight oats contain oat grain fibre that contributes to an increase in faecal bulk. Enjoy as part of a varied, balanced diet & healthy lifestyle.

YOUR DAILY GOOD GUT BOOST

INSTRUCTIONS: 3 mins to your healthy overnight oats!

- Pour into a bowl.
- Add 125ml of Kefir/your milk of choice & stir.
- Leave to stand for 3 minutes. Stir & enjoy!

OVERNIGHT IT

- Add into your container.
- Add 125ml of Kefir/your milk of choice per serving & stir.
- Cover and leave to stand in the fridge overnight. When you're ready to enjoy, eat the oats plain or topped with any plant-packed extras - berries, nut butter and granola are all great additions!

UK: Bio&Me, 1 Castle Drive, Chester, CH1 1SL
 EU: Bio&Me, Suite 10601, 27 Upper Pembroke Street, Dublin 2, D02 X361

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 65g Serving	% RI PER Serving
Energy	1659 kJ / 397 kcal	1078 kJ / 258 kcal	13%
Fat of which saturates	13g / 2g	8.5g / 1.5g	12% / 7%
Carbohydrate of which sugars	50g / 7.4g	33g / 4.8g	13% / 5%
Fibre	10g	6.5g	22%**
Protein	15g	9.8g	20%
Salt	0.07g	0.06g	1%

You'll find our overnight oats only contain naturally occurring sugars and salts from plant-based foods. No added sugars or salt here!

We recommend 65g per serving (over 5 servings per pack) to keep your taste buds and biome satisfied.

**The NHS recommends adults consume 30g of fibre a day. %RI = Reference Intake of an average adult (8400kJ/2000kcal).

Certified Cooperation Great for vegetarians & vegans

PLEASE RECYCLE ME! **350g e**

Founded 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 with 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 we've created science-backed recipes using a wide range of plant-based foods. Every spoonful is packed full of deliciously diverse plant goodness to help you and your biome flourish.

Enjoy!

Dr. M. Rossi

Dr Megan Rossi, BSc PhD RD
 Discover what greater gut health can do for you: www.bioandme.co.uk

Bio & Me

NO ADDED SUGAR

GOOD FOR YOUR GUT*

GLUTEN FREE OVERNIGHT OATS

COCOA

INSTANT READY IN 3 MINS

DELICIOUS DIVERSITY

12 PLANT-BASED FOODS

Made with 12 of your 30 weekly diverse plant-based foods.

- Cocoa & Peanuts
- & Almond
- & Buckwheat
- & Carrot
- & Chia
- & Dates
- & Gluten Free Wholegrain Oats
- & Linseeds
- & Pumpkin Seeds
- & Quinoa
- & Sunflower Seeds

High in fibre • Plant-based diversity • All natural

www.bioandme.co.uk

5 060853 641138

BOX RECYCLE WITH BAGS AT LARGER STORES

BAG RECYCLE WITH BAGS AT LARGER STORES

Widely Available. Check Locally for availability.

Best before: