

Porridge oats with honey, ginger, dried fruit, mixed seeds and fermented milk with live cultures.

Ingredients: Pasteurised Cow's Milk with Live Kefir Cultures, Gluten Free Rolled Oats (12%), Chicory Root Powder, Sultanas (2.7%) (Sultanas, Sunflower Oil), Fruit Concentrate (Apple, Grape, Carob), Milled Seeds (Flaxseed, Sunflower Seeds, Pumpkin Seeds), Honey (1.8%), Dried Apple, Cinnamon, Pectin (from Fruit), Lemon Concentrate, Ginger Extract.

For Allergens: See ingredients in **bold**.
Use by date: Please see lid. **Stir well** before consuming.

Storage: Keep refrigerated at 1-5°C. Once opened use within 2 days.

Made in the UK for Biotiful Dairy Ltd:
UK: PO Box 55560, London, SW7 9DJ.
EU: 3rd Floor Ulysses House, Foley Street, Dublin 1, Ireland.

*Biotiful Kefir is a source of calcium which contributes to the normal function of digestive enzymes.
**Biotiful Kefir is a source of Vitamin B12 which supports the normal functioning of the immune system.



Biotiful facts



biotifulguthealth.com
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Biotiful
gut health



UK's
No.1
KEFIR BRAND

high
fibre

immunity
support**

no sugar
added

kefir

**OVERNIGHT
OATS**

spiced fruit

By volume sales - visit www.biotifulguthealth.com for verification.

Nutritional Information

Typical Values

	Per 100g	1 serving (150g)
Energy, kcal (kJ)	128 (535)	192 (803)
Fat (g)	3.8	5.7
of which saturates (g)	1.7	2.6
Carbohydrates (g)	16.8	25.2
of which sugars*** (g)	7.8	11.8
Fibre (g)	4.2	6.4
Protein (g)	4.2	6.6
Salt (g)	0.08	0.11
Vitamins and Minerals	% of reference intake per 100g	
Riboflavin B2 (mg)	8%	
Vitamin B12 (µg)	15%	
Calcium (mg)	15%	
Phosphorus (mg)	13%	

Per 100g
0.09
0.37
120
70

150ge



BKSF150LAB-01
GB
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