

Vanilla Gut-Loving Prebiotic Yoghurt
INGREDIENTS: Yoghurt (Milk), fermented with 18 different live and active cultures, Chicory Root Fibre, Natural Flavouring, Madagascan Vanilla Bean Extract (0.1%)
ALLERGY ADVICE: For allergens, see ingredient in BOLD.

TYPICAL VALUES	PER 100g	PER 150g Serving
Energy	352kJ / 84kcal	528kJ / 126kcal (6% $\dagger$)
Fat	3.2g	4.8g (7% $\dagger$)
of which saturates	2.4g	3.6g (18% $\dagger$)
Carbohydrate	8.1g	12.2g (5% $\dagger$)
of which sugars	7.6g	11.4g (13% $\dagger$)
Fibre	1.8g	2.7g (9% $\dagger$)
Protein	4.9g	7.3g (15% $\dagger$)
Salt	0.23g	0.35g (6% $\dagger$)
Calcium	195mg (24% $\dagger$)	293mg (37% $\dagger$)
Phosphorus	144mg (21% $\dagger$)	216mg (31% $\dagger$)
Vitamin B2	0.27mg (19% $\dagger$)	0.4mg (29% $\dagger$)
Vitamin B12	0.49µg (20% $\dagger$)	0.7µg (30% $\dagger$)

$\dagger$ You'll only find naturally occurring sugars and salt in our yoghurt.
 $\dagger$ = % of Reference intake (RI) of an average adult (8400kJ/2000kcal)

Each serving contains 2g of your 12g per day of chicory inulin, which contributes to normal bowel function by increasing stool frequency.

* This yoghurt is a source of Vit B12 which contributes to the normal functioning of the immune system.

STORAGE: Please keep refrigerated between 0-5°C. For use by date, see lid. Once opened, eat within 3 days.



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Produced in the UK for Bio&Me Ltd,
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Bio & Me®

GOOD
FOR YOUR
GUT*

Vanilla

GUT-LOVING
LIVE YOGHURT

BILLIONS OF LIVE AND ACTIVE CULTURES

IMMUNITY
SUPPORT™



THE
GUT
HEALTH
DOCTOR

I created this recipe to be packed full of my favourite live cultures. It's microbe-made with the help of our expert dairy. I hope you and your gut microbes love it - enjoy!

Dr. M. Rossi

PREBIOTIC
LIVE YOGHURT
with 18 different
culture strains



Source of calcium



No artificial sweeteners



No thickeners or emulsifiers



No added sugar



High in protein



Source of Vitamins B2 & B12

Suitable for Vegetarians

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Recycle me. POT: Recycle
 SLEEVE: Remove & Recycle
 LID: Not yet Recyclable