

Graphic Packaging Item Reference:
407700_75627_031A

Customer:	Bio & Me (Bio & Me)
Product Description:	Overnight Oats Pistachio & Chia
Customer Product Code:	P3036
Graphics Service Provider:	
GSP Artwork Code:	
Carton Design Number:	P45317D2rA
Carton Style:	end load glued skillet, glued side seam
Carton Sizes:	137 x 52 x 209/210mm
Qty Inks Front:	5
Qty Inks Reverse:	
Qty Varnish Front:	1
Qty Varnish Reverse:	
Front Design Print Face:	Coated Side
Die Reference:	75627
Cyrel Front Reference:	V2
Cyrel Reverse Reference:	
Braille Reference:	
Foiling Reference:	
Embossing Reference:	

Black	Cyan
2% 5% 25% 50% 75% 100% 6.80%	2% 5% 25% 50% 75% 100% 3.03%
Magenta	Yellow
2% 5% 25% 50% 75% 100% 2.28%	2% 5% 25% 50% 75% 100% 6.98%
PANTONE 577 C	Matt Varnish
2% 5% 25% 50% 75% 100% 22.09%	2% 5% 25% 50% 75% 100% 83.26%
Structural	
2% 5% 25% 50% 75% 100% 1.53%	

Thermal printouts provide a representation of colour values only. For a more accurate colour guide please use an original pantone swatch library for spot colours and gmg proof for process colours. Please note that when printing spot colours we will match to digital pantone spectral data.

Varnish Free	Print Free	Varnish & Print Free
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Please check this proof carefully for content, text, spelling, layout, panel orientation, varnish free area, size, colour references and colour separations etc.

Graphic Packaging cannot accept any liability whatsoever for any errors overlooked once this proof has been approved for printing production.

137

52

137

51

390

13

34

210

34

26

38

209

210

299

51

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

WHAT MAKES BIO&ME SPECIAL?

12 PLANT-BASED FOODS

NO ADDED SUGAR

GOOD FOR YOUR GUT*

Serving Suggestion

HIGH IN FIBRE

ALL NATURAL

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

FOUNDED BY
THE GUT HEALTH DOCTOR®

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 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.

We created the recipe for these overnight oats 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*

OVERNIGHT OATS

PISTACHIO & CHIA

Serving Suggestion

INSTANT READY IN 3 MINS

HIGH IN FIBRE • PLANT-BASED DIVERSITY • ALL NATURAL

407700_75627_031A
000000 000
P3036

5 060853 641282

BOX | BAG
CARD
Widely Recycled
Best before:

INSIDE KNOWLEDGE
Did you know that your gut is 9m long? That's one great glorious gut!

Bio & Me®

DELICIOUS DIVERSITY

12 PLANT-BASED FOODS

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

Pistachio & Chia Seeds
& Almonds
& Buckwheat
& Carrot
& Cinnamon
& Dates
& Linseeds
& Pumpkin Seeds
& Quinoa
& Sunflower Seeds
& Wholegrain Oats

Widely Recycled

Check Locally Kerbside

Best before:

Graphic Packaging

INTERNATIONAL

Interlink Park
Bardon
Leicestershire
LE67 1PE
Tel: 01530 518200

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100%

3.03%

Magenta

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5%

25%

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75%

100%

2.28%

Yellow

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5%

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50%

75%

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6.98%

PANTONE 577 C

2%

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50%

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22.09%

Matt Varnish

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