

Boston, Lincolnshire, PE21 7SZ

Tel: +44 (0) 1205 353353

coveris.com **Product Information**

Product Code: BME-BD05-0018W

Description: Low Sugar Granola Aperture

Keyline Ref: RAD-03232 Cutter Ref: SNP5552W2

Job Information

Date: Artwork Version: rob simpson Proof Size: 390mm x 299mm

39L Litho

Barcode Information

Code: 5037794781179 Type: EAN 13

Code: 5070000126548 Type: EAN 13

Colour Information

gle: 15° Ruling: 150lpi

angle: 75° Ruling: 150lp

ngle: 45° Ruling: 150lpi /pe: Normal Coverage: 7.99%

PANTONE 2915 C

angle: 45° Ruling: 150lpi Type: Normal Coverage: 21.47%

PANTONE 482 C

Satin Pattern Varnish Angle: 45° Ruling: 150lpi Type: Varnish Coverage: 83.23%

IMPORTANT: The PDF proof format is for visual purposes only and not to be used for colour matching. When printing we will match any Pantone/Special Ink references specified above. If you wish to sign off for colour, please speak to your Coveris contact, requesting an Epson calibrated proof to be sent yourselves. Coveris Flexibles UK Ltd. Will not be liable for any errors after client signed approval. Please ensure all details are checked.

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Ensure "Use Overprint Preview" is set to "Always"

the box a little shake. Or a stir. Whichever takes your fancy. For the right mix of delicious diversity in every bowl, give ADT the right mix of delicious diversity in every bowl, give

WHAT MAKES BIO&ME



LOW SUGAR, NATURALLY **GUT-LOVING PREBIOTIC GRANOLA**

OUR INGREDIENTS: Wholegrain Oats (59%), Chicory Root Fibre, Seeds (7%) (Sunflower, Pumpkin, Brown Linseed), Nuts (5%) (Walnuts, Cashew Nuts, Almonds), Extra Virgin Olive Oil, Dates, Coconut, Dried Carrot, Puffed Brown Rice, Quinoa, Natural

ALLERGY ADVICE: For allergens, including cereals containing gluten, see ingredients in **bold**. Produced in a facility that also handles other Tree Nuts.

STORAGE: Simply seal the bag, pop in the box (remember to tuck down the lid for freshness) and store in a cool, dry spot. It's best eaten within a month, but we doubt it'll last that long! FORE: See base of pack.

* This granola contains 2g of your 12g per day of chicory inulin, which contributes to normal bowel function by increasing stool frequency. Essentially, it helps you poop more regularly.

Enjoy daily as part of a balanced diet and healthy lifestyle.

UK: Bio&Me, 1 Castle Drive, Chester, CH1 1SL EU: Bio&Me, Suite 10601, 27 Upper Pembroke Street, Dublin 2, DO2 X362



WHY GUT HEALTH?

that when it comes to looking after your gut (and you in general), we want to make things as deliciously easy



ON BIO&ME AND
GUT HEALTH

NUTRITION INFORMATION PER PER 60g TRI

	VALUES	Tooy	Jet villy	I LK Jel villy
	Energy	1868 kJ 447 kcal	1121 kJ 268 kcal	13%
	Fat of which saturates	17.9g 3.7g	10.7g 2.2g	15% 11%
	Carbohydrate of which sugars	49.7g 4.6g	29.8g 2.8g	11% 3%
	Fibre	17g	10.2g	34%
	Protein	13.2g	7.9g	16%
	Salt	0.06a	0.04a	<1%

You'll only find naturally occurring sugars and salt from plant-based foods in our granola. No added sugars or salt here! We recommend 60g per serving to keep your taste buds and biome satisfied.

†Reference Intake of an average adult (8400kJ/2000kcal)

PLEASE RECYCLE ME! 360g C

IT'S WHAT'S ON THE **INSIDE THAT COUNTS!**

GOOD FOR YOUR **GUT**



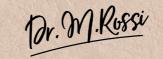
Created by



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 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.

That's why I've created this science-backed, prebiotic granola with 14 plant-based foods. Every spoonful is packed full of deliciously diverse plant goodness to help you and your biome flourish.

> Transform your gut, transform your life!



Dr Megan Rossi, BSc PhD RD

BME-BD05-0018W

Discover what greater gut health can do for you: www.bioandme.co.uk

GRANOLA

LOW SUGAR, NATURALLY

Delicious wholegrain oats, toasted cashew nuts,

with a sprinkle of sunflower seeds & more

LOW **SUGAR**

created by The Gut Health Doctor

DELICIOUS DIVERSITY

INSIDE KNOWLEDGE

Did you know that your gut health has been linked

to the health of many other

organs like your heart and brain?

PLANT-BASED FOODS +PREBIOTICS

Made with 14 of your 30 weekly diverse plant-based foods and prebiotic fibres that help your mighty microbes thrive.

Naturally Low Sugar

& Almonds & Brown Rice & Pumpkin & Carrot Seeds & Cashew & Quinoa & Chicory

Root & Sunflower & Coconut Seeds

& Dates & Walnuts & Linseeds & Wholegrain & Olive Oil Oats

У G ⊚bioandmeuk

www.bioandmeuk.co.uk

PREBIOTIC • HIGH IN FIBRE







Tenens Way, Riverside Industrial Estate, Boston, Lincolnshire, PE21 7SZ Tel: +44 (0) 1205 353353

coveris.com

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Description: Low Sugar Granola Aperture

Customer Code: RIV154189 Keyline Ref: RAD-03232 Cutter Ref: SNP5552W2

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Artwork Version:
Operator: rob simpson
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GSP/Artwork House: 0W
Profile: 39L Litho

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