

Rivendell

File ID: RIV170529

Client: Bio&Me
 Client Ref: Granola - Blueberry & Flaked Almond
 Description: Granola - Blueberry & Flaked Almond
 Previous Artwork Reference: RIV169578
 Size H: 299mm
 Size W: 390mm
 Technical Drawing: P45317D3rA
 Barcode Number: 5060853641114
 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: Janine Vipond
 Contact: janine.vipond@rivendellgraphics.com
 Operator: LB
 Creation Date: 28.07.25
 Modified Date: 13.08.25

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 2151 C
5	25	50	6.	Matt_Varnish
5	25	50		Cutter
5	25	50		Dimensions

Artwork Version: 06
 Repro Version: 01

Rivendell

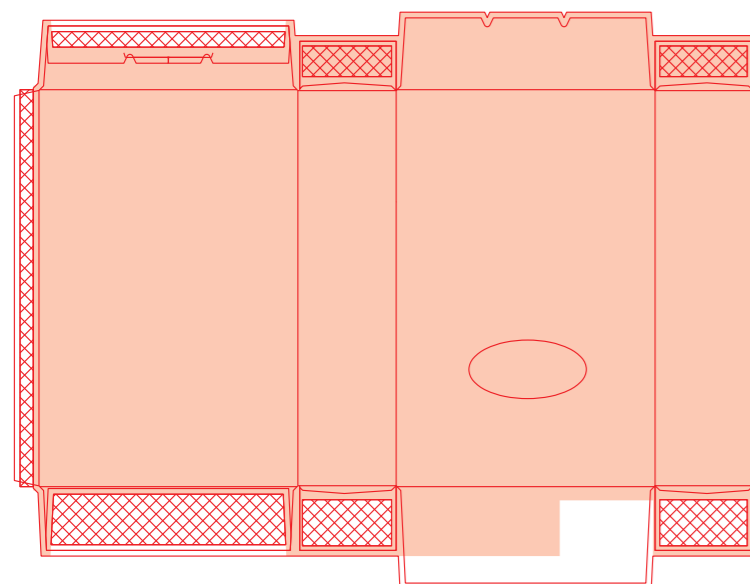
How to view this PDF correctly
 Adjust your preferences within Acrobat as follows:
 Edit Menu > Preferences > Page Display > Ensure
 "Use Overprint Preview" is set to "Always".

www.rivendellgraphics.com

PLEASE NOTE

ALL IMAGES ARE HI-RES, BUT WILL APPEAR LOW-RES IN APPROVAL PDF'S DUE TO THE DOWNSAMPLING FOR FILE SIZE.

MATT VARNISH @ 25% SCALE



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

HIGH IN FIBRE

ALL NATURAL

GOOD FOR YOUR GUT*

Serving Suggestion

CRUNCHY GUT-LOVING OAT GRANOLA WITH MIXED SEEDS, ALMONDS AND BLUEBERRIES.

OUR INGREDIENTS: Wholegrain Oats (56%), Dates, Seeds (Sunflower, Pumpkin, Brown Linseed), Chicory Root Fibre, Skin on Almonds, Extra Virgin Olive Oil, Puffed Brown Rice, Quinoa, Dried Carrot, Freeze Dried Blueberries (1%), Natural Flavouring.

ALLERGY ADVICE: For allergens, including cereals containing gluten, see ingredients in bold. Produced in a facility that handles Peanuts, Sesame, Soya and 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!

BEST BEFORE: See base of pack.

If you have any questions, drop us an email at hello@bioandme.co.uk

*This granola contains oat grain fibre which contributes to an increase in faecal bulk. Enjoy as part of a varied, balanced diet & healthy lifestyle.

^Zinc and Copper contribute to the normal function of the immune system.

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

Certified Corporation

Great for vegetarians & vegans

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 50g Serving	% RI PER Serving
Energy	1724 kJ / 412 kcal	862 kJ / 206 kcal	10%
Fat of which saturates	14g / 2.1g	7g / 1.1g	10% / 6%
Carbohydrate of which sugars	52g / 10.8g	26g / 5.4g	10% / 6%
Fibre	15g	7.5g	25%**
Protein	12g	6g	12%
Salt	0.1g	0.05g	<1%
Copper*	0.49mg (49% RI)	0.25mg	25%
Zinc	2.42mg (24% RI)	1.21mg	12%

You'll find our granola only contains naturally occurring sugars and salt from plant-based foods. No added sugars or salt here! We recommend 50g per serving (over 7 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).

PLEASE RECYCLE ME! 360g e

Bio & Me

DELICIOUS DIVERSITY

12 PLANT-BASED FOODS

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

Almonds & Blueberries
 & Brown Rice
 & Carrot
 & Chicory Root
 & Dates
 & Extra Virgin Olive Oil
 & Linseeds
 & Pumpkin Seeds
 & Quinoa
 & Sunflower Seeds
 & Wholegrain Oats

High In Fibre • Plant-based Diversity • Vegan Friendly

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

Dr. M. Rossi

Bio & Me

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Dr. M. Rossi

ARE YOU A SHAKER OR A STIRREY?

For the right mix of delicious diversity in every bowl, give the box a little shake (or a stir) which takes your fancy.

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

NO ADDED SUGAR

GOOD FOR YOUR GUT*

IMMUNITY SUPPORT GRANOLA BLUEBERRY

APERTURE ONLY

INSIDE KNOWLEDGE

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

TOP PRINT THIS WAY

FRONT PRINT THIS WAY

BACK PRINT THIS WAY

SIDE PRINT THIS WAY

Full Pre Fold

Final Fold

Final Fold

Final Fold

5 060853 641114 >

BOX | BAG RECYCLE WITH BAGS AT LARGER STORES

CARD | WIDELY AVAILABLE

Best before:

BASE PRINT THIS WAY

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