

DAIRY FREE GLUTEN FREE VEGAN GMO FREE

Your gut is at the heart of your health

Biome! Complete Gut is an advanced nutritional powder for gut health and contains a blend of live cultures, prebiotic fibres, digestive enzymes, vitamins and minerals*

Directions for use in shakes, smoothies and cereals



Step 1.
Add 1 teaspoon (5g) to your favourite milk

Step 2.
Give it a good blend or sprinkle on cereal

Step 3.
Enjoy once or twice a day

Love Your Gut Tips:

1. Adjust the thickness by adding more or less milk. 2. Add sweetness by adding half a banana or a hint of your preferred sweetener. 3. Sprinkle over your cereal to give your breakfast a boost!

Ingredients:

Fibre Blend (Apple Fibre, Beta Glucan, Chicory Root Fibre, Guar Fibre, Rice Bran, Soluble Corn Fibre) (91%), Vitamin Blend (B6 (pyridoxine HCl), B12 (methylcobalamin), D (plant-derived cholecalciferol)), Calcium (tricalcium phosphate), Culture Blend (Bacillus coagulans, Bifidobacterium bifidum, Bifidobacterium lactis, Bifidobacterium longum, Lactobacillus acidophilus, Lactobacillus bulgaricus, Lactobacillus casei, Lactobacillus gasei, Lactobacillus paracasei, Lactobacillus plantarum, Lactobacillus reuteri, Lactobacillus rhamnosus, Streptococcus thermophilus) (0.8%), Enzyme Blend (Amylase, Protease, Lipase, Cellulase, Lactase) (0.3%)
May contain traces of nuts (almonds)

Suggested Use: Adults blend 1 teaspoon (5g) with 300ml of your favourite milk, 1 to 2 times per day.

When increasing your fibre intake, we suggest gradually increasing this over several days until you reach the recommended daily dose.

Food Supplement: Food supplements should not be used as a substitute for a varied diet.
Do not exceed the recommended daily dose.

For recipes and more visit:

www.biome.life

*BILLIONS OF LIVE ACTIVE CULTURES and Vitamins B6 and D to support the normal function of the IMMUNE SYSTEM and Calcium to support the normal function of DIGESTIVE ENZYMES. Chicory root fibre contributes to normal bowel function by increasing stool frequency. Biome! Complete Gut contains 3g of chicory root fibre per serving. Full beneficial effect is obtained with a daily intake of 12g chicory root fibre.

LOVE YOUR GUT:

Enjoy Biome! as part of a healthy lifestyle and balanced diet.

Biome! UK:

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London WC2H 9JQ UK

Biome! EU:

The Black Church
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Made in the United Kingdom

NUTRITION INFORMATION		Per 100g	Per 5g Serving
Energy kJ		1069	53
Energy kcal		259	13
Fat	of which saturates	1.4g	0.1g
Carbohydrates	of which sugars	0.3g	0.0g
Fibre		23.1g	1.2g
Protein		7.4g	0.4g
Salt		73.4g	3.7g
		1.3g	0.1g
		0.0g	0.0g
Vitamins & Minerals		%RI*	%RI*
B6	14mg	1000%	700µg
B12	25µg	1000%	1.25µg
D	0.6mg	1000%	2.5µg
Calcium	8g	1000%	400mg
		50%	50%

*RI = Reference Intake

Store in the fridge or a cool dry place.
Store out of reach of young children.

