

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

DELICIOUS DIVERSITY & GOOD GUT HEALTH

At Bio&Me, we believe that eating deliciously diverse foods is key to good gut health. Packed with 15 fabulous fruits, vegetables, wholegrains, nuts and seeds, our prebiotic granola gives your biome the diversity it loves to help it thrive.

BIO&YOU
Healthier & happier
biome = healthier
& happier you.

DR MEGAN'S TOP TIP
Aim to eat 30 diverse
plant-based foods a week
for good gut health.

JOIN OUR INNER COMMUNITY

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www.bioandme.co.uk

BLACKCURRANT, CHERRY & STRAWBERRY GUT-LOVING PREBIOTIC GRANOLA

OUR INGREDIENTS: Gluten Free Wholegrain Oats (58%), Chicory Root Fibre, Dates, Seeds (6%) (Sunflower, Pumpkin, Brown Linseed), Extra Virgin Olive Oil, Dried Carrot, Puffed Brown Rice, Cashew Nuts, Quinoa, Freeze Dried Berries (2%) (Blackcurrant, Cherry, Strawberry), Dried Beetroot, Beetroot and Carrot Extract, Natural Flavourings.

ALLERGY ADVICE: For allergens, see ingredients in bold. May contain traces of other 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.

It's super important to us that you're happy with your purchase. If you have any questions, drop us an email at hello@bioandme.co.uk. We'll sort things out for you as soon as we can.

* 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.

NUTRITIONAL INFORMATION

| TYPICAL VALUES | PER 100g | PER 50g Serving | % RI PER Serving |
|------------------------------|---------------------|--------------------|------------------|
| Energy | 1642 kJ 392 kcal | 821 kJ 196 kcal | 10% |
| Fat of which saturates | 13.3g 2.1g | 6.7g 1.1g | 10% 5% |
| Carbohydrates of which sugar | 49.8g 9.6g | 24.9g 4.8g | 10% 5% |
| Fibre | 15.2g | 7.6g | 25% |
| Protein | 10.7g | 5.4g | 11% |
| Salt | 0.05g | 0.03g | <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 50g per serving to keep your taste buds and biome satisfied.

¹Reference Intake of an average adult (8400kJ/2000kcal)
RI = Reference Intake.

PLEASE RECYCLE ME! **350g e**

The Gut Health Doctor

Did you know that good gut health starts with your gut microbiome? Your biome is central to the community of trillions of microbes including good bacteria that live within you. It's totally unique to you and it works hard to keep you healthy. You can look after your biome by eating plenty of plant-based foods - the more the merrier!

That's why I've created this prebiotic granola with 15 plant-based foods. Every spoonful is packed full of deliciously diverse plant goodness to help you (and your biome) nourish and flourish. It's all about health and happiness from the inside out.

Dr. M. Rossi

Dr Megan Rossi, BSc PhD RD

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

Bio & Me®

GOOD
FOR YOUR
GUT*

Bio & Me®

Created by The Gut Health Doctor

Berry Burst

**GLUTEN FREE
GRANOLA**

HIGH IN FIBRE | PREBIOTIC | NO ADDED SUGAR

Bio & Me®

DELICIOUS
DIVERSITY

15

PLANT-BASED FOODS
+ PREBIOTICS

Made with 15 of your 30 weekly diverse plant-based foods (which we call plant points) and prebiotic fibres to help your mighty microbes thrive.

**Blackcurrant,
Cherry and
Strawberry**

& Beetroot
& Carrot
& Cashew
& Chicory Root
& Dates
& Gluten Free Jumbo Oats
& Linseed
& Olive Oil
& Puffed Whole Brown Rice
& Pumpkin Seeds
& Quinoa
& Sunflower Seeds

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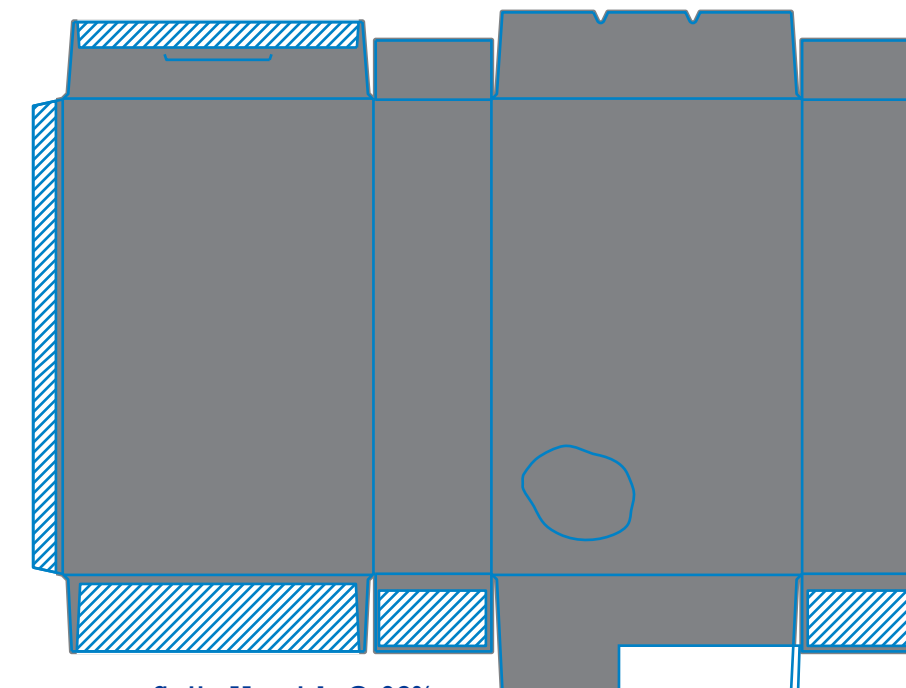
Customer: **Bio & Me**

Product: **Berry Burst Gluten Free Granola_V3**

CAD reference: **21030**



• SATIN VARNISH
• MATCH SPOT COLOURS TO PANTONE REFERENCE GUIDE



Satin Varnish @ 30%



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UK: Bio&Me, 1 Castle Drive,
Chester, CH1 1SL
EU: Bio&Me, Suite 10601,
27 Upper Pembroke Street,
Dublin 2, D02 X362.



BEST BEFORE: