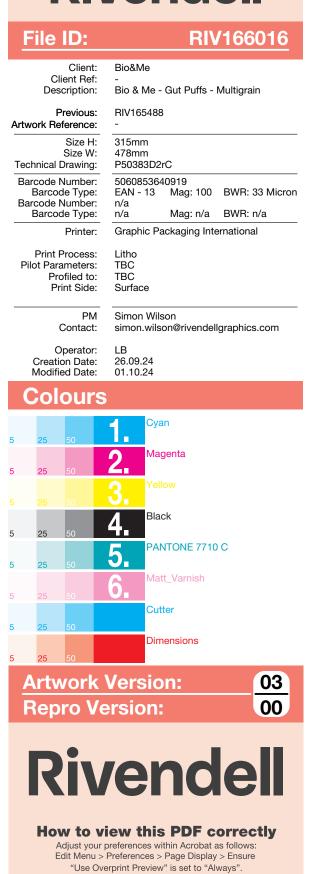
Rivendell

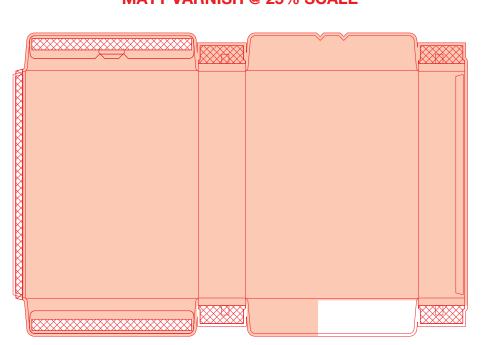


PLEASE NOTE

www.rivendellgraphics.com

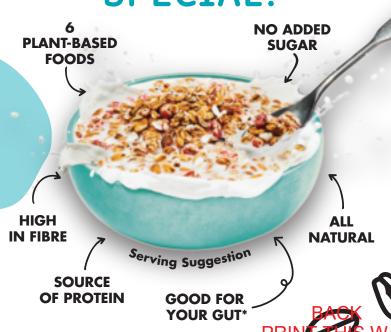
ALL IMAGES ARE HI-RES, BUT WILL APPEAR LOW-RES IN APPROVAL PDF'S DUE TO THE DOWNSAMPLING FOR FILE SIZE

MATT VARNISH @ 25% SCALE



For the right mix of delicious diversity in evaluation, giverly 50 mixths shake. Or a stir. Whichever takes your fancy. ARE YOU A SHAKEN A STIRRER?

WHAT MAKES BIO&ME SPECIAL?



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**

8 Servings Per Pack: see below:

NUTRITION INFORMATION

PUFFED WHOLEGRAIN OAT AND SPELT COATED IN CHICORY ROOT FIBRE WITH BROWN RICE, MILLET AND BUCKWHEAT.

OUR INGREDIENTS: Wholegrain Oats (72%), Chicory Root Fibre, Whole Spelt (Wheat), Whole Brown Rice, Millet, Buckwheat, Beetroot and Carrot Extract, Natural Flavourings.

ALLERGY ADVICE: For allergens, including cereals containing gluten, see ingredients in **bold**.

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 *These puffs contain oat grain fibre that contributes to an increase in faecal bulk. Enjoy as part of a varied, balanced diet & healthy lifestyle.

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





1511 kJ 361 kcal of which saturates | 1.0g Carbohydrate of which sugars 14.8g 3.5g 12%** 2.8g Trace <1%

Serving PER Serving

You'll find our puffs only contain naturally occurring sugars and salts from plant-based foods. No added sugars or salt here! We recommend 25g per serving (approximately 8 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! 200g IT'S WHAT'S ON THE INSIDE THAT COUNTS!



Founded 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 we've created science-backed recipes 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.



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



MULTIGRAIN PUFFS **ORIGINAL**

Delicious, lightly toasted puffed wholegrain oats, with Spelt, Rice, Millet, Buckwheat & more



HIGH IN FIBRE • PLANT-BASED DIVERSITY • VEGAN FRIENDLY





INSIDĘ KNOWLEDGE

DELICIOUS

DIVERSITY



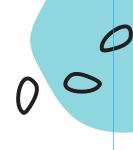
PLANT-BASED FOODS

Made with 6 of your 30 weekling tiverse

Wholegrain Oats & Buckwheat

& Chicory Root Fibre & Millet & Whole Brown Rice

& Whole Spelt



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