

Kellogg's Bran Flakes PM 2.99 - Information
















High in a superior fibre that fuels a healthy* gut *Wheat bran fibre is a superior fibre in relation to its efficacy in accelerating intestinal transit and has the most scientific evidence. 10g wheat bran fibre daily contributes to acceleration of intestinal transit. Bran Flakes contains 3.7g per serving.

Our Product Code: 017729
Suppliers Product Code: 5119370000
Information Last Updated: 18/10/2024
Date Produced: 16/08/2025



Allergy Information

Key: **Contains** **May Contain**

					
Sesame	Gluten	Crustaceans	Eggs	Lupin	Nuts
					
Milk	Celery	Sulphur Dioxide	Soya	Cereal	Peanuts
					
Fish	Molluscs	Mustard			

Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	334.00
Energy (kJ)	1400.00
Protein (g)	14.00
Carb (g)	48.00
Of Which Sugars (g)	18.00
Fat (g)	1.40
Of Which Saturates (g)	0.30
Fibre (g)	27.00
Salt (g)	0.90

Dietary Information

Key: **Suitable for**

			
Kosher	Vegetarian	Halal	Vegan

Please Note: This information has been supplied by manufacturers and other third parties to Yare Food Services. Whilst we take steps to ensure the information is correct and regularly updated, we give no warranty and no guarantee to the accuracy of this information. Product information and ingredients may change; please always read product labels carefully in addition to this document for accuracy. Please also consider changes to ingredients when products have been substituted.

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Ingredients

WHEAT bran (86%), sugar, BARLEY malt extract, salt, niacin, iron, vitamin B6, riboflavin, thiamin, folic acid, vitamin D, vitamin B12.

Handling Information

Directions for Use

Eat As Directed

Storage Instructions

Store in a cool, dry place

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