Thompsons Food Service Ltd. Nelsons Yard South Denes Road Great Yarmouth Norfolk NR30 3PR



Tel: 01493 249649 Fax: 0845 051 8772 E-Mail: accounts@tfsltd.co.uk Web: www.tfsltd.co.uk

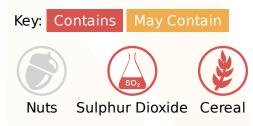
Kellogg's Bran Flakes PM 2.99 - Information

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.

TFS Product Code: 017729 Suppliers Product Code: Information Last Updated: 21/05/2019 Date Produced: 18/04/2025



Allergy Information



Nutritional Information

Serving Unit:	100g or 100m
Energy (kcal)	359.00
Energy (kJ)	1517.00
Protein (g)	12.00
Carb (g)	65.00
Of Which Sugars (g)	14.00
Fat (g)	2.60
Of Which Saturates	
(g)	0.40
Fibre (g)	14.00
Salt (g)	0.68

Dietary Information



Please Note: This information has been supplied by manufacturers and other third parties to Thompsons Food Service Ltd. 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.

> Registered Office: Nelsons Yard, South Denes Road, Great Yarmouth, NR30 3PR, England Company No: 07107278 VAT No: GB 986 0801 93 Directors: E. Thompson, R. Thompson, T. Thompson

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Ingredients

WHOLEWHEAT (59%), WHEAT Bran (18%), WHOLEMEAL Flour, Sugar, Glucose Syrup, BARLEY Malt Flavouring, Salt, Natural Flavouring, Vitamins & Minerals: Niacin, Iron, Vitamin B6, Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin), Folic Acid, Vitamin D, Vitamin B12

Handling Information

Directions for Use

Storage Instructions

No usage information

Store in a cool dry place. Best before: see top.

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