

## 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

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



Nuts



Sulphur Dioxide



Cereal

### Nutritional Information

Serving Unit:	100g or 100ml
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

Key: **Suitable for**



Kosher



Vegetarian



Halal



Vegan

**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.

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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

No usage information

### Storage Instructions

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

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