

## 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:** 18/10/2024  
**Date Produced:** 23/05/2026



### 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 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

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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