

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: 03/04/2026



Allergy Information

Key: Contains May Contain



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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