

Supplier's Product Code :  
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 erudus id :

5139415000  
 26 March 2026  
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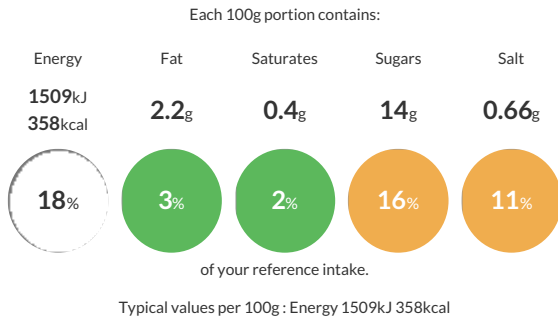
## Kellogg's Bran Flakes Portion Pack 40x40g

Short Product Name:  
 Bran Flakes Cereal

"Kellogg's Bran Flakes breakfast cereal is a delicious way to support your digestive health\*. A 30g serving of Kellogg's Bran Flakes breakfast cereal is high in wheat bran fibre to help support your digestive health. Did you know we should eat 30g fibre per day? However, most of us don't eat this recommended daily intake\*\*. Kellogg's Bran Flakes breakfast cereal contain wheat bran fibre - a superior fibre which is scientifically proven to fuel your gut. Treat your gut well. \*Bran Flakes are high in wheat bran fibre which 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. Enjoy as part of a healthy diet and lifestyle."

Traded Unit GTIN: 5050083394157 Internal GTIN: 5050083394140 Supplier : Kellanova (Kellogg's) Suppliers Product Code : 5139415000

### Reference Intake



### Nutritional Information

Typical Values	Per 100g
Energy	1509kJ 358kCal
Carbohydrates	65g
of which sugars	14g
Fat	2.2g
of which saturates	0.4g
Fibre	17g
Protein	11g
Salt	0.66g

### Allergy Information

Key: Contains May Contain

Contains Cereal/Gluten	Does Not Contain Milk	Does Not Contain Eggs	Does Not Contain Peanuts	Does Not Contain Nuts	Does Not Contain Crustaceans	Does Not Contain Mustard
Does Not Contain Fish	Does Not Contain Lupin	Does Not Contain Sesame	Does Not Contain Celery	May Contain Soya	Does Not Contain Molluscs	Does Not Contain Sulphur Dioxide

### Dietary Information

Key: Suitable for

Suitable for Vegetarian	May not be suitable for Vegan	Suitable for Kosher	Suitable for Halal	NO DATA for Coeliac

Allergen Statement  
 May contain Soy

### Ingredients

WHOLEWHEAT (59%), WHEAT bran (18%), WHOLEWHEAT flour, sugar, BARLEY malt extract, glucose syrup, salt, natural flavouring, Niacin, iron, vitamin B6, riboflavin, thiamin, folic acid, vitamin D, vitamin B12.