



Plenish Milks



M*LKS



LESS IS MOREISH

NO OILS,
NO SUGARS,
NO FLAVOURINGS.
(NO NEED).

MADE WITH JUST 2, 3 or 4
NATURAL INGREDIENTS



Plenish

Differentiated

Truly Premium. Truly Natural, Only 2-4 ingredients



	Alpro Oat	Alpro Oat No Sugars	Oatly Original	Oatly Original	Unsweetened Oat Drink	Jörð Nordic Oat Drink	Innocent Oat Drink	Oatly Bruce Oat M'Lk	Rude Health Oat Drink	Mindor Picolites Organic Oat M'Lk
Price p/Litre	£1.90	£1.90	£1.90	£1.80	£2.10	£1.90	£2.67	£2.25	£2.20	£1.90
Organic	N	N	N	N	N	Y	N	Y	Y	Y
Oat %	9.8%	8.7%	10%	10%	10%	15%	9%	13%	12%	12%
Sugar p/100ml	3.3g	0g	4.1g	4.0g	2.0g	3.2g	2.4g	3.5g	4.1g	2.5g
Ingredients	Oat Base (Water, Oat (9.8%)), Chicory Root Fibre, Sunflower Oil, Calcium (Tri-Calcium Phosphate), Sea Salt, Stabiliser (Gellan Gum), Vitamins (B2, B12, D2)	Oat Base (Water, Oat (8.7%)), Chicory Root Fibre, Sunflower Oil, Calcium (Calcium Carbonate), Sea Salt, Stabiliser (Gellan Gum), Vitamins (B2, B12, D2)	Oat Base (Water, Oats 10%), Rapeseed Oil, Calcium Carbonate, Calcium Phosphates, Salt, Vitamins (D2, Riboflavin, B12), Potassium Iodide	Water, Oats 10%, Rapeseed Oil, Acidity Regulator (Dipotassium Phosphate), Calcium Carbonate, Calcium Phosphates, Salt, Vitamins (D2, Riboflavin and B12), Potassium Iodide	Oat Drink (Water, Oats (10%)), Sunflower Oil, Acidity Regulator (Dipotassium Phosphate), Calcium Carbonate, Tricalcium Phosphate, Sea Salt, Vitamin D	Water, Organic Oats (15%), Organic Rapeseed Oil, Salt	Spring Water, Oats (9%), Oat Flour (1%), Seaweed Lithothamnium Calcareum*, Citrus Plant Fibre, Sea Salt	Filtered Water, Organic Whole Grain Oats (13%)	Water, Organic Oats (12%), Organic Sunflower Oil, Salt, Acidity Regulator (Potassium Carbonate)	Water, Organic Oats (12%), Organic Sunflower Oil, Salt, Acidity Regulator (Potassium Carbonate)
Carbon Neutral										
B Corp	B Corp	B Corp	B Corp				B Corp		B Corp	
Oats Origin	Europe	Europe	Finland	Finland	Not Declared	Sweden	'top secret'	Not Declared	Not Declared	Not Declared

£2.00
Y
11%
1.2g
Filtered Water, Organic Gluten Free Oats (11%), Sea Salt
Carbon Neutral
B Corp
Europe

Plenish

Differentiated

Truly Premium. Truly Natural



Price p/Litre	£1.70	£1.70	£2.67	£2	£3.20	£1.50	£2.50	£2.25
Organic	N	N	N	Y	N	N	Y	Y
Nut %	2.3%	2.3%	4.5%	1%	2.3%	2g	5%	5%
Sugar p/100ml	0g	2.4g	0g	4.7g	0.1g	0g	0g	2.6g
Ingredient list	Water, Almond (2.3%), Calcium [Tri-Calcium Phosphate], Sea Salt, Stabilisers (Locust Bean Gum, Gellan Gum), Emulsifier (Lecithins (Sunflower)), Vitamins (B2, B12, E, D2)	Water, Almond (2.3%), Sugar, Calcium (Tri-Calcium Phosphate), Sea Salt, Stabilisers (Locust Bean Gum, Gellan Gum), Emulsifier (Lecithins (Sunflower)), Natural Flavouring, Vitamins (B2, B12, E, D2)	Spring Water, Almonds (4.5%), Plant Fibre from Citrus (0.3%), Seaweed lithothamnium calcareum Sea Salt	Spring Water, Rice, Italian Almonds (1%), cold-pressed Sunflower Oil, Sea Salt.	Water, Almonds, Calcium Carbonate, Sunflower Lecithin, Sea Salt, Acidity Regulator Potassium citrate, Flavourings, Locust Bean Gum, Gellan Gum	Spring Water, Almonds (2%), Calcium Carbonate, Sea Salt, Emulsifier (Sunflower Lecithin), Stabiliser (Gellan Gum), Natural Flavouring, Vitamins (D2, E, B12)	Water, Almond* (5%), Sea Salt, Stabiliser (Gellan Gum)	Filtered Water, Activated* Organic Almonds (5%) (Almonds, Water), Organic Brown Rice (3.5%), Sea Salt
Carbon Neutral								
B Corp	B Corp	B Corp	B Corp	B Corp				
Almond Origin	Mediterranean	Mediterranean	'top secret'	Italy	California	California	Mediterranean	Not Declared

£2.50
Y
5%
0g
Filtered Water, Almonds (5%), Sea Salt
Carbon Neutral
B Corp
Spain

Plenish