



## Complex Nutrition

### Company address

Unit 36, Navan Enterprise Centre,  
Trim Road, Meath

### Contact details

John Cunningham

[john@complex-nutrition.ie](mailto:john@complex-nutrition.ie)

[+353469070572](tel:+353469070572)

[complex-nutrition.ie](http://complex-nutrition.ie)

### Channels Supplied:

Foodservice

Manufacturing

Online

Retail

Located in Navan, Complex Nutrition's headquarters is a hub for its finance, HR, health and safety, engineering and project management departments. Founded in 1999, the company employs 80 people at its state-of-the-art food plant (circa 33,000sq.ft) and is a nut-free site.

RESEALABLE PACK



**HIGH  
PROTEIN**

**HIGH  
FIBRE**

**LOW  
SUGAR**

# OatFull™

**PROTEIN BREAKFAST**

**OATS**



PRODUCED IN IRELAND

7 SERVINGS  
300g e

Complex Nutrition has four independent hygiene and allergen controlled rooms, including a dedicated gluten-free room. It has built up the capability to provide a turnkey service for private brand development, which contains every stage; from research and development; NPD; artwork and packaging design; extensive quality and regulatory control; lab analysis; and certification; through to manufacturing and logistics.

This has enabled Complex Nutrition to produce a wide range of products tailored to customer requirements.

Formerly Epicom.

## Why Us

Complex Nutrition is a one-stop-shop, providing retail milk powder solutions to large export markets.

## Our product range



Dubai Duty Free Full Cream Milk Powder  
BonYa+ Kids & Teens / Active / Senior Milk Powder  
Invigor-8 Sports Nutrition  
Specially For You Whey Protein For Women  
Shake Up+ Calcium Protein Shake  
Heart Up+ Barley  
Yogie Powdered Flavoured Yoghurt Drink

## Markets supplied

Africa

Europe

Middle East

## Sustainability

- As part of the company's raw material target, Complex Nutrition aim to have 80% of its suppliers holding sustainable and/or environmental formal certifications by 2023.
- Over the course of Complex Nutrition's current sustainability plan (2019-2023), the company has set a target to reduce all waste by 10% t/t.
- The Company has spent 20 years working in and alongside the wider community. Complex Nutrition, together with employees frequently supports local, national and international charities and social projects through fundraising events.

## Our Accreditations

- BRC
- HACCP
- Halal
- Origin Green Verified

## Our Awards

BonYa+ Fortified Milk Powder SIAL Innovation Award 2017

Specially For You SIAL Innovation Award 2017

Small To Medium Business Category Meath Business Award 2015

EA ATF and UCD Smurfit Business School Mentoring Programme 2015