



Complex Nutrition

Company address

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Contact details

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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