

PORTFOLIO

AN EXCEPTIONAL RANGE OF SPIRITS, DISTILLED IN ICONIC SCOTTISH LOCATIONS.





LOCH LOMOND

GROUP





LOCH LOMOND WHISKIES HAS A PRESTIGIOUS FIVE-YEAR PARTNERSHIP WITH THE OPEN, GOLF'S ORIGINAL CHAMPIONSHIP.

Our partnership with the R \triangle A includes support of the AIG Womans British Open and will showcase globally the full range of Loch Lomond Whiskies. It also means our innovative and exciting range of malts are "The Spirit of The Open".

Known as "The One", The Open is the most international of the major championships with qualifying events across five continents. The Championship is also broadcast to 600 million households in almost 200 countries.





AN AWARD WINNING PORTFOLIO.



THE LOCH LOMOND GROUP IS AN INDEPENDENT DISTILLER AND BLENDER OF SOME OF THE FINEST AND RAREST SCOTCH WHISKIES IN THE WORLD.

Our heritage is some of the oldest in the industry dating back to 1772 with the founding of Littlemill- Scotland`s oldest licenced distillery.

In 1814, the original site of the Loch Lomond Distillery was established near Tarbet towards the north-west of Loch Lomond. In 1832, the Glen Scotia distillery was founded in Campbeltown and is only one of three remaining in Campbeltown from that era.

Today, our portfolio includes a full range of award winning Loch Lomond single malts. In addition, our Glen Scotia portfolio has a range of single malts which have received international acclaim and has expanded to include 18 and 25 year old single malts all in the classic Campbeltown style.

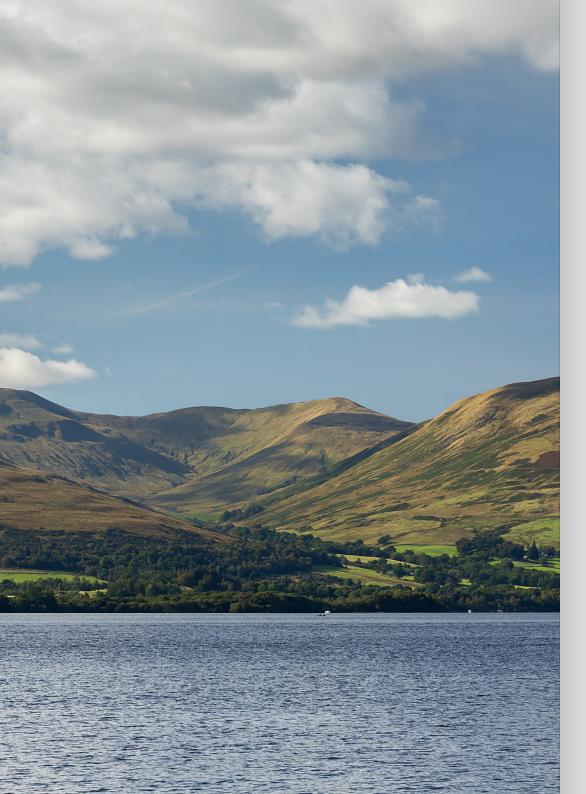
2021 also sees the latest release from the vaults of Littlemill - The Testament 1772 release will be a highly prized single malt with a limited edition of only 250 bottles.

Alongside our whisky portfolio we have also recognised growth in the gin market which saw us successfully launch Ben Lomond Gin in 2019. Inspired by the majesty and beauty of Ben Lomond it is a traditional London dry-style gin with the addition of hand-picked Scottish berries.

Our growing presence in markets around the world has continued to expand though our partnership with the R&A and The Open Golf championship. Our sponsorship of the oldest golf championship in the world together with sponsorship of the Woman's British Open demonstrates our ongoing commitment to becoming a premium global spirits brand.

Colin Matthews,

CEO Loch Lomond Group



NEW BRAND PRESENTATION



AUTUMN 2020 SEES THE REFRESH AND LAUNCH OF THE FULL LOCH LOMOND WHISKIES SINGLE MALT RANGE.

From the entry level Loch Lomond Original right through to the Loch Lomond 30 Year Old, the all new packaging and individual bottle presentation will reflect bold fresh and uniform styling which will give greater prominence to the Loch Lomond brand name. This will allow for all products to sit comfortably under the Loch Lomond brand name and offer a strong stand-out presence at point of sale.

Our Island Collection ranges of Inchmurrin and Inchmoan are now featured as part of the Loch Lomond range with reference made to them on the packaging of the two twelve year olds.

In all we will have IO single malts to bring to market. These are featured on the following pages.

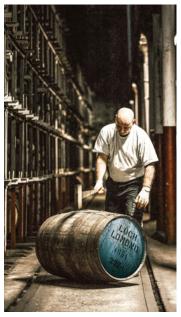
66 This is an exciting time in the ongoing development of Loch Lomond Whiskies as we continually refine and improve our product offering. This new Single Malt range will allow us to further strengthen our proposition and expand our sales opportunities in emerging marketplaces around the world. **9**

 ${\bf John\ Grieveson,\ Chief\ Marketing\ Officer.}$

Loch Lomond Group







THE DISTILLERY

LOCH LOMOND



LOCH LOMOND: FROM ILLICIT STILLS IN BOTHIES AND BARNS TO THE GREAT BONDED WAREHOUSES OF THE INDUSTRIAL AGE, THIS PART OF SCOTLAND HAS PLAYED A KEY ROLE IN THE STORY OF WHISKY.

'DISCOVER THE SPIRIT WITHIN'

The Loch Lomond distillery can trace its roots back to the Littlemill distillery, which was established in 1772 and is the oldest licensed Scotch whisky distillery in the world. Since 1814 Loch Lomond Distillery has been distilling and crafting the finest single malt whisky. Whiskies which are as beautifully delicious as the landscape is stunning. Its current malt and grain distilleries, in Alexandria, Dunbartonshire close to the banks of Loch Lomond, were commissioned in 1964 with first distillation in 1966.

When it opened, Loch Lomond distillery's groundbreaking straight necked stills were a revelation, enabling production of a lighter, fruitier spirit and greater control over the whisky's character. It is among only four distilleries in the Scotch whisky industry to maintain an onsite cooperage which makes and maintains 20,000 casks annually.

Today the distillery's still formation remains unique within the industry and incorporates

a total of I3 stills including:

- Three pairs of straight-neck stills
- One pair of traditional swan-neck stills
- One continuous Coffey malt still
- Two pairs of continuous Coffey grain stills

The use of different stills, different strains of yeast and extra-long fermentation of at least 96 hours together create an unrivalled palette of spirits, enabling Master Blender Michael Henry to achieve an astonishing variety of single malts each displaying the underlying fruit character for which the distillery is renowned.

Remarkably, the distillery produces three different I2-Year-Old Single Malts from the light and fruity Inchmurrin to the heavily peated Inchmoan. In between them is the Loch Lomond I2 Year Old Single Malt which recently won Double Gold at the San Francisco World Spirits Competition and was named Best Scotch at the 2019 Bartenders' Brand Awards.

The extended Loch Lomond core range from entry level to the new 30 year old single malt ensures our award winning portfolio has a single malt at all major price points, as well offering a range of flavour profiles from light and fruity to heavily peated.

www.lochlomondwhiskies.com

ORIGINAL

Smoothed to Perfection

LOCH LOMOND ORIGINAL SINGLE MALT SCOTCH WHISKY

ABV 40% Bottle Size 70cl

Loch Lomond Original Single Malt Whisky is distilled from Scotland's finest ingredients and carefully matured, before being married in the finest oak casks for the perfect harmony of flavour and aroma.

TASTING NOTES

NOSE First impressions of dark, warm leather that then builds into a more Highland heathery character.

PALATE A pronounced burst of malt on the tongue with appetizing sweet cereal notes building over time to give an almost creamy texture.

FINISH The citrus of the palate subsides and the finish becomes more conventionally sweet.





· LOCH LOMOND ·

12 YEAR OLD

Perfectly Balanced

LOCH LOMOND 12 YEAR OLD SINGLE MALT SCOTCH WHISKY

ABV 46% and Non-chill filtered Bottle Size 70cl

A beautifully balanced single malt with a hint of peat and underlying fruit character.

TASTING NOTES

NOSE Crisp green apple, ripe pear and refreshing citrus lemon with background notes of golden cereal.

TASTE Orchard fruits and lemon meringue. The deep fruity character of pear lead into citrus lemon, vanilla meringue and light biscuit sweetness.

FINISH Medium length with gentle wood smoke and a lingering peaty tang.





· LOCH LOMOND · INCHMURRIN ·

12 YEAR OLD

Fruity & Sweet

LOCH LOMOND INCHMURRIN 12 YEAR OLD SINGLE MALT SCOTCH WHISKY

ABV 46% and Non-chill filtered Bottle Size 70cl

It is somewhat fitting that the 'grassy isle' lends its name to this exquisite I2 year old single malt. Aged in three hand selected types of cask – bourbon, refill and recharred – these whiskies are then married together in a balance known only to our Master Distiller.

TASTING NOTES

NOSE Distinctively fruity with pear drops and toffee sweetness. Light notes of freshly cut hay in summer sun.

TASTE Seville orange citrus notes build in intensity before mellowing into peach and apricot. The fruit character gives way to creamy fudge and vanilla.

FINISH Medium length with peppery finish.





· LOCH LOMOND · INCHMOAN ·

12 YEAR OLD

Smoke & Spice

LOCH LOMOND INCHMOAN I2 YEAR OLD SINGLE MALT SCOTCH WHISKY

ABV 46% and Non-chill filtered Bottle Size 70cl

Inchmoan 12 Year Old Single Malt is born from a combination of malt whiskies from our traditional swan neck pot still and our unique straight neck pot still to create an unconventional peat character with a lot of depth marrying smoke and spiciness.

TASTING NOTES

NOSE Dry peat smoke with vanilla syrup and cracked black pepper.

TASTE Sweet, medicinal peat and smoked bacon lead into roasted coffee bean with spice notes of clove and star anise. Warming spiciness combines with green apple and pear.

FINISH Long, waxy peat with citrus hop note and gooseberry.





LOCH LOMOND GROUP

· LOCH LOMOND ·

14 YEAR OLD

Fruit & Cinnamon

LOCH LOMOND 14 YEAR OLD SINGLE MALT SCOTCH WHISKY

ABV 46% and Non-chill filtered Bottle Size 70cl

Loch Lomond I4 Year Old Single Malt is born from a combination of malt whiskies from our traditional swan neck pot still and our unique straight neck pot still to create an unconventional peat character with a lot of depth marrying smoke and spiciness. It is matured for I4 years in a mix of recharred American oak and refill bourbon American oak casks giving sweet vanilla background notes that complements the soft peat style of Loch Lomond's unique still set up.

TASTING NOTES

NOSE Dry, smouldering peat smoke with vanilla syrup and cracked black pepper.

TASTE Sweet, medicinal peat and smoked bacon lead into roasted coffee bean with spice notes of clove and star anise.

Warming spiciness combines with green apple and pear as fruit character develops

FINISH Long, waxy peat with citrus hop note and gooseberry.

RELEASE SEPTEMBER 2020



· LOCH LOMOND ·

18 YEAR OLD

Fruit & Spice

LOCH LOMOND 18 YEAR OLD SINGLE MALT SCOTCH WHISKY

ABV 46% and Non-chill filtered Bottle Size 70cl

Our 18 Year Old has been maturing in the finest oak barrels chosen by Tommy Wallace, our Master Cooper at the time.

Time and nature has been allowed to bring out the sweeter character of the wood with a subtle characteristic hint of peat and smoke ensuring a well balanced finish.

TASTING NOTES

NOSE Green apple and grapefruit aromas fuse before honeysuckle and mature oak character comes through.

TASTE Elegant wood notes of toasted oak and cigar box become green fruits with apple and gooseberry.

FINISH Long finish with dried tea and tobacco leaf in balance with soft medicinal peatiness and wood smoke.





{ PAGE 14 }

· LOCH LOMOND ·

21 YEAR OLD

Aged to Perfection

LOCH LOMOND 2I YEAR OLD SINGLE MALT SCOTCH WHISKY

ABV 46% and Non-chill filtered Bottle Size 70cl

Loch Lomond 2I year old uses only spirit from our unique straight neck pot stills. These innovative stills allow superior control at the distillation stage allowing us to take the spirit off at different collection strengths. This flexibility allows us to produce the different flavours found in this expression.

TASTING NOTES

NOSE Toasted oak and coconut, green apple and ginger.

PALATE Sweet vanilla fudge, peach and pear, lime juice with a touch of cinnamon spice.

FINISH Long and dry with a wisp of peat smoke and lingering oak spice.



· LOCH LOMOND ·

30 YEAR OLD

Aged to Perfection

LOCH LOMOND 30 YEAR OLD SINGLE MALT SCOTCH WHISKY

ABV 47% and Non-chill filtered Bottle Size 70cl

Loch Lomond 30 year old uses unpeated spirit from our unique straight neck pot stills. These innovative stills give superior control at the distillation stage. This allows the spirit to be taken off at a higher collection strength ensuring the Loch Lomond Distillery's signature fruit character comes to the fore in this expression. Time and nature are then left to work their magic.

TASTING NOTES

NOSE Honey, peach and melon, vanilla and cinnamon.

PALATE Toffee fudge sweetness, crisp green apple and fresh pineapple, gentle spice of ginger and nutmeg.

FINISH Long with juicy green fruit, kiwi, gooseberry and lime.



LOCH LOMOND GROUP

· LOCH LOMOND ·

OPEN SPECIAL EDITION

Bearing COLIN MONTGOMERIE'S Signature

Created in partnership with Colin Montgomerie, our Loch Lomond Whiskies ambassador.

Colin Montgomerie, has won eight European Tour Order of Merit titles, including a streak of seven consecutively from 1993 to 1999. He has won 31 European Tour events, placing him fourth on the all-time list of golfers.

This Special Edition is a combination of spirits from both our unique straight neck and more traditional pot stills and has been selected to deliver an approachable single malt of exceptional quality. As with all of our Single Malts the underlying fruit character of the distillery shines with a gentle hint of smoke on the finish.

TASTING NOTE

The vibrant palette of peach and pear is enhanced by using specially selected spirit distilled from our wine yeast fermentations. Creamy vanilla oak and maple syrup adding a background sweetness before subtle peat smoke emerges giving a balance to the finish.



· LOCH LOMOND ·

OPEN COURSE COLLECTION

Bearing DARREN CLARKE'S Signature

LOCH LOMOND 20 YEAR OLD SINGLE MALT SCOTCH WHISKY

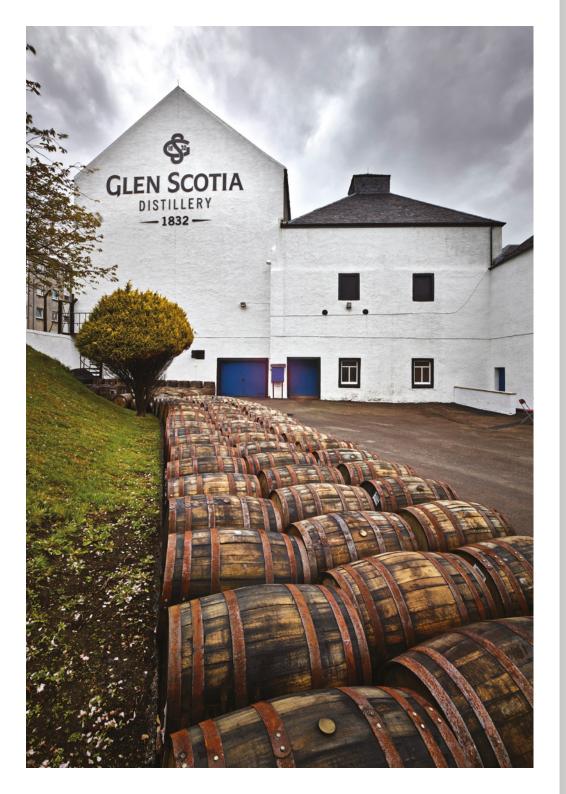
Darren Clarke has won 2I tournaments worldwide on a number of golf's main tours including his biggest victory in 20II, at Royal St George's. Darren has been working with Loch Lomond Whiskies Master Blender Michael Henry to create the Open Course Collection Royal St Georges, a 20-year-old single malt. Michael's choice of casks - specially commissioned English Virgin Oak, brings out fruit character created by our innovative stills.

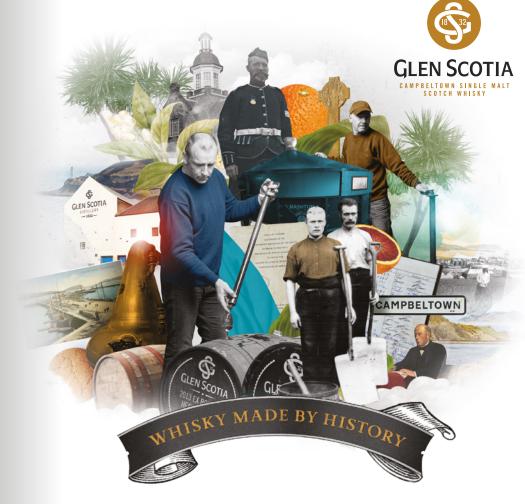
TASTING NOTE

A limited-edition single malt with spiced apple, elderflower and a vanilla on the nose. The palate opens with a caramel sweetness, green apple and honeydew melon then toasted oak and clove of spice before a dry, lingering finish of lime citrus, cumin and ginger.



{ PAGE 18 }





Whisky from the Whiskiest Place.

Campbeltown may be the smallest whisky region, but it's certainly the whiskiest.

For there was a time when whisky virtually coursed through the streets of the town.

With a distillery on every corner, nigh on every inhabitant involved in its creation and boats queuing in the port to carry off casks, it was known as the whisky capital of the world. Down through the years, all that knowledge, experience, craft and whisky passion has been distilled into Glen Scotia, an exquisite example of the classic, maritime Campbeltown style.

So when you pour a dram of Glen Scotia, it's more than whisky in the glass.

LOCH LOMOND GROUP

CAMPBELTOWN



Towards the southern end of the Mull of Kintyre, Campbeltown is an isolated, distinctive place.

The whisky produced here is special too - so much so that it's classified as a separate region, quite apart from the Highland, Speyside, Lowland and Islay whiskies which are perhaps better known today. Distilling was probably going on in Kintyre for centuries, but the written legal history begins in 1609 with the granting of a licence to

produce 'aqua vitae' to a John Boyle of Kelburn. With an excellent water supply, easy access to peat and grain and a growing market in Victorian Britain and beyond, little Campbeltown had 28 distilleries by 1851, and proudly proclaimed itself 'the whisky capital of the world'.

Today only three distilleries remain, of which ours, Glen Scotia, is one of the smallest in Scotland.







Founded in 1832 as Scotia, our distillery survived a decline in the industry in the early part of the 20th century, although it was silent between 1928 and 1933, when it was acquired by Block Brothers.

The 'Glen' was added to the name in 1939, and the distillery was bought by the Canadian spirits giant Hiram Walker in 1954. Glen Scotia changed hands again several times before it was bought by Loch Lomond Distillery Company in 1996.

The Mull of Kintyre peninsula is known, of course, for 'mist rolling in from the sea', and Campbeltown whiskies are characterised by a distinctive, salty tang. Glen Scotia had been producing Single Malt in the time honoured manner and is a fine example of this historic style - and your first dram is likely to be a singular pleasure and remain long in the memory.

{ PAGE 22 }



• GLEN SCOTIA •

DOUBLE CASK

GLEN SCOTIA DOUBLE CASK SINGLE MALT SCOTCH WHISKY

ABV 46% and Non-chill filtered Bottle Size 70cl

Glen Scotia Double Cask is matured in first fill bourbon barrels followed by time in Pedro Ximinez sherry casks. This is an outstanding malt whisky with a very formidable pedigree.

TASTING NOTES

NOSE Amber. Very sweet. Initially it is all creme caramel, caramelised fruit sugars, wood sugar, toffee and fudge before some apple and peach come through.

PALATE Sweet start, quite fat and though the alcohol gives a little tongue-tingling buzz the result is a good mid-palate weight.

FINISH Deep and dark.





• GLEN SCOTIA •

15 YEAR OLD

GLEN SCOTIA 15 YEAR OLD SINGLE MALT SCOTCH WHISKY

ABV 46% and Non-chill filtered Bottle Size 70cl

An exceptional single malt whisky gently matured in our finest American oak barrels before bottling. The signature nose has hints of vanilla oak, interwoven with the subtle notes of sea spray and spicy aromatic fruits.

TASTING NOTES

NOSE Broad and medium-weight with citrus peels, ginger snap biscuits. Sweet and with great depth. Apricot aromas develop then drift towards fruit salad.

PALATE A complicated palate where the initial nose would lead you to expect plump fruits, what you get is a surprisingly dry element. The palate fleshes out as the first impact of the nose fades.

FINISH Firm and slightly dry.





VICTORIANA

GLEN SCOTIA VICTORIANA SINGLE MALT SCOTCH WHISKY

ABV 54.2% and Non-chill filtered Bottle Size 70cl

This single malt is a modern interpretation of a classic Victorian style Campbeltown malt. Bottled at cask strength, it is full of flavour with a long, beautifully smooth finish.

TASTING NOTES

NOSE Caramelised sugars -Crème brulee and molasses, dark red fruits - cherry and cranberry, light wood smoke.

PALATE Full bodied. Sweet – demerara sugar & treacle, spicy - clove and allspice, ripe red fruits. Balanced oak, exotic fruit and spice.

FINISH Firm, dry.





LOCH LOMOND GROUP

• GLEN SCOTIA •

18 YEAR OLD

GLEN SCOTIA 18 YEAR OLD SINGLE MALT SCOTCH WHISKY

ABV 46% and Non-chill filtered Bottle Size 70cl

Glen Scotia 18 year old started its maturation in refill bourbon casks or refill American oak hogsheads before our Malt Master hand selected the finest ones and vatted them together for a twelve month in first fill

TASTING NOTES

NOSE Crisp saltiness, perfumed floral notes and thick sweet toffee.

PALATE Rich deep vanilla fruit flavours, apricot and pineapple, plump sultana.

FINISH Long and dry with gentle warming spice.





• GLEN SCOTIA •

25 YEAR OLD

GLEN SCOTIA 25 YEAR OLD SINGLE MALT SCOTCH WHISKY

ABV 48.8% and Non-chill filtered Bottle Size 70cl

An exceptional single malt whisky matured from specially selected casks. This single malt whisky has been gently matured in our finest American oak barrels before being married in first bourbon before bottling.

TASTING NOTES

NOSE Bracing Atlantic breeze gives strong maritime influence.

PALATE Red apple and tangy orange peel with vanilla syrup and caramel sweetness.

FINISH Lingering sea salt with a spicy note of ground ginger.





{ PAGE 28 }



THE FINAL LEGACY OF SCOTLAND'S OLDEST DISTILLERY

JOURNEY BEGINS

In the 15th century, beer was a staple drink for many Scots, with the brewery on the grounds of Auchentorlie supplying amongst others, the monks of nearby Paisley Abbey. Archibald & George Buchanan however, had their eye on making something infinitely more complex and significantly more valuable.

History tells us they went on to do so in some measure and with very great success, establishing Scotland's *first and oldest licensed whisky distillery in 1772.* That same year accommodation was also built next door to the distillery to house the Excise Officers who represented the law - and ensured any distillation was duly recorded and relevant taxes calculated. This suggests that something was already afoot onsite *some time before 1772* (indeed in a less than official capacity, the brewery which was attached to Dunglass Castle nearby, may well have been distilling liquor as early as the 14th century).

NOVEMBER

After one year, on the 2nd of November 1773, local Justice of the Peace records for Dumbarton show that 'Robert Muir of Littlemiln', an employee, was granted the first ever licence by the Government of King George III to "...retail ale, beer and other excisable Liquors."

For over 220 years the date stone on the gable end of one of the warehouses on which was carved '1772' remained *firmly and proudly in place*, until in 1994, the distillery closed and the stills of Littlemill finally fell silent. Three years later the distillery was largely dismantled.

Slexander omler changeneeper in Responsible of there.

Abert Reid of there.

Miliam Simple of at Britishouse.

John Boya of in house of haterists in Milyata.

Robert Mair of at Little mila.

David Lawson of at Dalashar.

John Miller Innhaper in House of Comp.

James Tarryth Changeheeperin housest.

OUR EXCLUSIVE RANGE OF LITTLEMILL RELEASES



2019 PRIVATE RELEASE

aged 29 years
SINGLE MALT SCOTCH WHISKY

LIMITED EDITION

Littlemill 29-year-old has a wonderfully balanced combination of floral character and honeyed sweet notes from first maturation in refill bourbon barrels finished in Oloroso Sherry and European Oak casks to deliver a spirit character truly representative of this silent distillery.



<u>Tittlemill</u>



Littlemill

LITTLEMILL RELEASES

CELESTIAL EDITION Aged 40 Years

The Celestial Edition has been matured in American oak and first fill bourbon barrels before a brief 3 month finish in Oloroso sherry. It is the oldest Littlemill release to date, distilled on 11th October 1977 and brings an excellent balance of both distillery character and wood influence.



For the 2017 Littlemill Private Release, our master blender Michael Henry selected 8 casks from 1990 as an homage to the true Littlemill distillery character: a lighter, floral spirit, reminiscent of the triple distillation of the Duncan Thomas era. He chose the casks with the strongest floral character and subtle wood notes from distillations between the 11th and 29th of May 1990.

2017 PRIVATE RELEASE Aged 25 Years

A selection of 10 casks from 1989 and 1990, these casks have been chosen as representations of the quality and style of the Littlemill Distillery. Married together before a period of finishing in 1st fill Oloroso sherry casks, these 1500 bottles offer the opportunity to taste heritage in a glass.

SPECIAL EDITIONS



AT THE LOCH LOMOND GROUP,
WE HAVE THE CAPABILITY TO
PRODUCE ONE-OFF SPECIAL EDITION
WHISKIES AND SINGLE CASKS.



With a diverse and unique range of aged stock across both Loch Lomond and Glen Scotia, we are able to work with you to create one-off single cask bottlings for markets. Should you require blend, malt or grain whisky we can work closely with you to develop a solution.



• GLEN SCOTIA •

SPECIAL EDITIONS

GLEN SCOTIA II YEAR OLD SHERRY DOUBLE CASK FINISH

The Glen Scotia Sherry Double Cask
Finish marries the best of Pedro Ximinez
and Oloroso Sherry to bring an interesting
depth and character to this whisky
which is balanced with characteristics of
Campbeltown and Glen Scotia Distillery.

Non-Chill filtered • Natural colour Cask Strength 54.1% ABV.





GLEN SCOTIA GIFT PACK

Our Glen Scotia Gift Pack contains 3x5cl bottles of Campbeltown 1832, Glen Scotia 16 Year Old and Glen Scotia Victoriana Single Malts. Allowing the consumer to sample the true taste of Campbeltown Single Malt Whisky.

· LOCH LOMOND · GIFT PACKS



LOCH LOMOND VALUE ADDED GIFT PACK

Loch Lomond Single Malt has developed a value added pack that holds two 'The Open' branded glasses.



LOCH LOMOND GIFT PACK

Experience the distinctive flavours of 3 Loch Lomond Single Malts - Loch Lomond I2 Year Old, Loch Lomond Inchmoan I2 Year Old and Loch Lomond Inchmurrin I2 Year Old.

Loch Lomond's unique set of stills allows us to produce 3 quite special Highland single malts.







Inspired by Scotland's most iconic area

Ben Lomond Gin has been inspired by the majesty and beauty of Ben Lomond, as well as the extensive natural flora within Loch Lomond & The Trossachs.

We are excited to announce that we have now expanded our range to include two new Infused Scottish Gins, Blackberry & Gooseberry and Raspberry & Elderflower. Much like our classic Ben Lomond Gin, these flavours were inspired by the extensive flora surrounding Ben Lomond and throughout the Loch Lomond and the Trossachs area. They have been developed with the assistance of a local forager who helped us find the perfect flavour pairings to match our classic **London-dry style gin**, complimenting the hand picked blackcurrants and foraged rowan berries used during our distillation.

WWW.BENLOMONDGIN.COM

BENLOMOND
SCOTTISH
GIN
MEC ANNI

HINLOMOND, AT 3196 FEET, OVERLOOKS THE NATIONAL PANS
WHIER OUR SCOTTISH BERRIES ARE FORACIO.

Raspberry & Elderflower

BEN

GIN

50cl 38% vol.

The Classic Ben Lomond Gin

70cl 43% vol.

Blackberry & Gooseberry

50cl 38% vol.

{ PAGE 38 }







LOCH LOMOND

WWW.LOCHLOMONDGROUP.COM