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BPOR250LAB-04



For verification, visit www.biotifulguthealth.com



250g e

High protein kefir quark

Biotiful Kefir Protein is crafted by fermenting low-fat British milk, with a unique combination of live quark and kefir cultures.

Each highly nutritious and delicious pot is packed with over 30g of natural protein, billions of live cultures and is a source of vitamin B12 and calcium. No sugar or anything artificial added.

Enjoy it for breakfast or as a power snack - a great way to up your clean protein intake whilst taking care of your gut.

biotifulguthealth.com
@biotifulguthealth

*Biotiful Kefir Protein is a source of calcium which contributes to the normal function of which digestive enzymes. **Biotiful Kefir Protein is a source of Vitamin B12 which supports the normal functioning of the immune system and contributes to the reduction of tiredness and fatigue.

Biotiful facts



GUT HEALTH*



HIGH PROTEIN



BRITISH MILK



IMMUNITY SUPPORT**



BILLIONS OF LIVE CULTURES



SOURCE OF CALCIUM

Biotiful gut health

UK's
Nº1
KEFIR BRAND

30G
NATURAL
PROTEIN

kefir protein original

great
taste
2022

natural
energy**

immunity
support**

low
fat

Nutritional Information

Typical Values

	Per 100g	Per pot (250g)
Energy, kcal (kJ)	66 (278)	165 (695)
Fat (g)	0.4	1.0
of which saturates (g)	0.2	0.5
Carbohydrates (g)	3.5	8.8
of which sugars*** (g)	3.5	8.8
Protein (g)	12	30
Salt (g)	0.10	0.25
Vitamins and Minerals	% of reference intake per 100g	per 100g
Riboflavin B2 (mg)	17%	0.24
Vitamin B12 (µg)	17%	0.64
Calcium (mg)	26%	139
Phosphorus (mg)	23%	160

***Contains naturally occurring sugars.

Ingredients: Pasteurised Cow's Milk fermented with Live Kefir and Quark Cultures.

For Allergens: See ingredients in **bold**.

Use by date: Please see lid.

Storage: Keep refrigerated at 1-5°C.

Made in the UK for Biotiful Dairy Ltd:

UK: PO Box 55560, London, SW7 9DJ.

EU: 3rd Floor Ulysses House, Foley Street, Dublin 1, Ireland.