

Fermented milk traditionally known as kefir

Biotiful Gut Health products have been enjoyed by UK consumers for over 10 years.

Based on the traditional 2000-year old recipe, our kefir drinks are crafted by fermenting high quality British milk with an authentic blend of live cultures.

Biotiful kefir drink is delicious, creamy and light, and ideal for the whole family.

Enjoy it as a drink, as a snack, or poured onto cereals.

Have you tried kefir yogurt?



*Biotiful Kefir is a source of calcium which contributes to the normal function of digestive enzymes.

**Biotiful Kefir is a source of vitamin B12 which supports the normal functioning of the immune system.

Biotiful facts



Gut happy, everyday

Find out more here



biotifulguthealth.com
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Biotiful gut health



kefir drink original



high protein | immunity support** | no sugar added

Nutritional information

Typical Values	Per 100ml	1 serving (250ml)
Energy kcal (kJ)	59 (245)	148 (612)
Fat (g)	2.9	7.3
of which saturates (g)	2.1	5.3
Carbohydrates (g)	4.6	12
of which sugars*** (g)	2.8	7.0
Protein (g)	3.5	8.8
Salt (g)	0.10	0.25
Vitamins and Minerals	% of reference intake per 100ml	Per 100ml
Riboflavin B2 (mg)	10%	0.14
Vitamin B12 (µg)	9%	0.22
Calcium (mg)	14%	111
Phosphorus (mg)	11%	78

***Contains naturally occurring sugars.

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

† Includes: Bifidobacterium, Lactobacillus acidophilus, Lactobacillus casei, Lactobacillus rhamnosus.

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

Use by date: Please see bottle neck.
Storage: Keep refrigerated at 1-5°C.
Shake well before opening and consume within 3 days of opening.

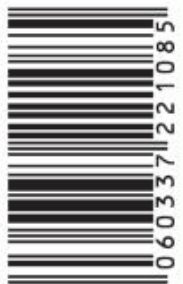
Made in the UK for Biotiful Dairy Ltd
UK: PO Box 55560, London, SW7 9DJ.
EU: 3rd Floor Ulysses House,
Foley Street, Dublin 1, Ireland.

1 litre e
4 portions per bottle

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