

Kefir: fermented milk with honey and ginger

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.

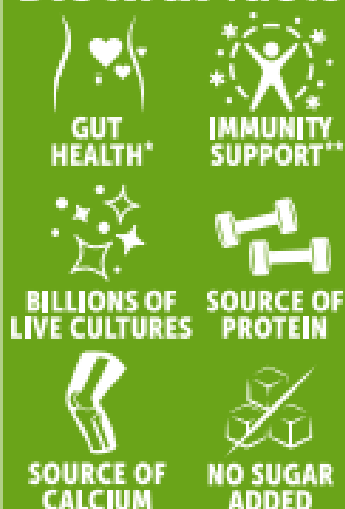
Biotiful kefir is packed with naturally healthy nutrients, supporting your immunity** and with no sugar added.

We love it for breakfast or as a snack.

*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

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

Biotiful
gut health

UK's
No.1
KEFIR BRAND

kefir
drink
honey & ginger

source of protein | immunity support* | no sugar added

Nutritional Information

Typical Values	Per 100ml	1 serving (250ml)
Energy, kcal (kJ)	64 (270)	159 (670)
Fat (g)	2.6	6.4
of which saturates (g)	1.8	4.6
Carbohydrates (g)	6.9	17
of which sugars*** (g)	5.2	13
Protein (g)	3.3	8.3
Salt (g)	0.09	0.22
Vitamins and Minerals	% of reference intake per 100ml	Per 100ml
Riboflavin B2 (mg)	9%	0.12
Vitamin B12 (µg)	8%	0.19
Calcium (mg)	12%	98
Phosphorus (mg)	10%	69

***Contains naturally occurring sugars.

Ingredients: Pasteurised Cow's Milk (88%) fermented with Live Kefir Cultures†, Fruit Extract (Apple, Carob, Grape), Blossom Honey (2%), Stabiliser (Pectin), Lemon Concentrate, Ginger Extract.

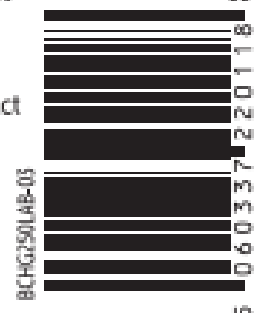
† Includes: Bifidobacterium, Lactobacillus acidophilus, Lactobacillus casei, Lactobacillus rhamnosus.

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.



250ml e