

## Kefir: fermented milk with cherry

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  
HEALTH\*



IMMUNITY  
SUPPORT\*\*



BILLIONS OF  
LIVE CULTURES



SOURCE OF  
PROTEIN



SOURCE OF  
CALCIUM



NO SUGAR  
ADDED

Gut happy,  
everyday

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

By volume sales - visit [www.biotifulguthealth.com](http://www.biotifulguthealth.com) to verify the comparison.

# Biotiful gut health



# kefir drink cherry



source  
of protein

immunity  
support\*\*

no sugar  
added

## Nutritional Information

Typical Values	Per 100ml	1 serving (250ml)
Energy, kcal (kJ)	66 (278)	163 (684)
Fat (g)	2.6	6.4
of which saturates (g)	1.9	4.7
Carbohydrates (g)	7.4	18
of which sugars*** (g)	5.4	14
Protein (g)	3.3	8.3
Salt (g)	0.09	0.23
<b>Vitamins and Minerals</b>	<b>% of reference intake per 100ml</b>	<b>Per 100ml</b>
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†, Cherry Puree (6%), Fruit Extract (Apple, Carob, Grape), Stabiliser (Pectin), Lemon Concentrate, Natural Flavouring.

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

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

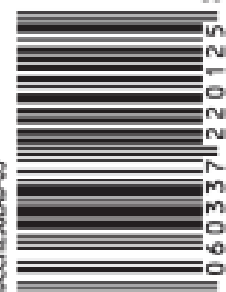
**Use by date:** Please see bottle neck.

**Storage:** Keep refrigerated at 1-5°C.

**Shake well** before opening and consume within 3 days of opening.

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250ml e