

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

We love it for breakfast or as a snack.

**Gut happy,
everyday**

biotifulguthealth.com
@biotifulguthealth

*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



HIGH
PROTEIN



SOURCE OF
CALCIUM



NO SUGAR
ADDED

Find out more here



†By volume sales - visit www.biotifulguthealth.com to verify the comparison.

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.



Recycle

BCOR500LAB-05



500ml e
2 portions per bottle