



Fermented milk drink that is believed to originate from the Caucasus Mountains. It has been enjoyed around the world for over 2000 years. Our kefir is produced in small batches on a family run farm in Devon.

- 100% natural ingredients.
- Made with 100% British milk from grass fed jersey cows\*
- Source of protein, vitamins and minerals.
- Contains gut-friendly bacteria.
- Enjoy it as part of a healthy lifestyle and balanced diet.

GB-ORG-06,  
UK Agriculture



100% NATURAL BIO LIVE DRINK

# kefir

Original  
ORGANIC

biokef

biokef JUST AS NATURE INTENDED

Nutrition	per 100g
Energy	301KJ / 72Kcal
Fat	4.5g
of which saturates	3.0g
Carbohydrate	4.5g
of which sugars	3.1g
Fibre	<0.5g
Protein	3.4g
Salt	0.15g

	per 250ml	NRV%
Riboflavin (mg)	0.775	55%
Vitamin B12 (µg)	0.5	20%
Calcium (mg)	342.5	43%
Phosphorus (mg)	232.5	33%

PRODUCED IN THE UK

**Storage:** keep refrigerated 0-5°C  
**Use by date:** please see bottle cap  
Shake well before opening.

Once opened consume within 2 days

**Ingredients:** Organic pasteurized jersey cows' milk, live kefir cultures.

For allergens, see ingredients in bold

Produced for Biokef Ltd  
71-75 Shelton St  
Covent Garden  
London, WC2H 9JQ  
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hello@biokef.com

Label size: 195 mm X 50 mm  
Printable area 192mm x 47 mm