

Fermented organic 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 organic kefir is crafted by fermenting high quality organic British milk with an authentic blend of live cultures. Biotiful kefir is packed with naturally healthy nutrients, supporting your immunity** and no sugar added. Enjoy 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



HIGH PROTEIN



SOURCE OF CALCIUM



NO SUGAR ADDED

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

ORGANIC



kefir drink original

high protein | immunity support** | no sugar added

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

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: Organic 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.



BOOR250LAB-05



GB-ORG-02
UK/non UK agriculture



250ml