

**What's the deal with GOODIE?** It's a finely crafted fermented drink, developed in collaboration with scientists. Consider it your trusty sidekick for seizing every good day that comes your way.

**Directions for use:** Enjoying this beverage is effortless - simply consume twice daily, during meals, taking 15 to 30 ml of the GOODIE drink per day. You can either mix it into your meal, a chilled drink, or dilute it with water. It's suitable for expecting and breastfeeding mothers, as well as children aged 4 and above. This product contains natural sugars.

**Liquid content:** 500ml

**Storage:** It is recommended to store the unopened drink in the refrigerator or at no more than 20°C. After opening, keep the drink in the refrigerator and consume within a month. Natural sediment may occur, shake well before use.

**Best before:** Refer to the packaging for the expiration date.

**Distributor:** UAB OKTOFORS

Giedraičių g. 39, R53, LT-09302 Vilnius,  
Lithuania **Country of origin:** LITHUANIA

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## Naturally fermented chokeberry drink "Goodie"

Ingredients: Drinking water, fermented aronia berries (10%), **oat flakes**, five-grain flakes (**rye, wheat, barley, oats**, buckwheat), lactic acid bacteria, Streptococcus thermophilus, and Bifidobacterium cultures.



**Batch No:**  
D23.05.24

**Best before:**  
23 11 2024

## Nutrition Facts

100 ml

Energy value	49 kJ / 12 kcal
Fats	0g
- of which Saturated Fats	0g
Carbohydrates	<2g
- of which Sugars	<2g
Proteins	<0.4g
Salt	0g

