

Gut-health* kefir yogurt

Biotiful Gut Health products have been enjoyed by UK consumers for over 10 years.

Based on the traditional 2000-year old recipe, our kefir yogurts are crafted by fermenting high quality British milk with an authentic blend of live cultures.

Biotiful kefir yogurt is delicious, creamy and light, ideal for the whole family.

Enjoy at breakfast, as a healthy snack, or as a guilt-free dessert.

**Gut happy,
everyday**

biotifulguthealth.com
@biotifulguthealth

*Biotiful Kefir Yogurt is a source of calcium which contributes to the normal function of digestive enzymes.
**Biotiful Kefir Yogurt is a source of Vitamin B12 which supports the normal functioning of the immune system.

Biotiful facts



GUT HEALTH*



BILLIONS OF
LIVE CULTURES



SOURCE OF
CALCIUM



IMMUNITY
SUPPORT**



HIGH
PROTEIN



NO SUGAR
ADDED

Find out more here



Biotiful gut health

kefir yogurt original

UK's
No.1
KEFIR BRAND*

high protein | immunity support | no sugar added

Nutritional Information

Typical Values

Energy, kcal (kJ)
Fat (g)
of which saturates (g)
Carbohydrates (g)
of which sugars*** (g)
Protein (g)
Salt (g)

Per 100g
72 (302)
2.0
1.3
7.4
4.8
6.0
0.20

1 serving (115g)
82 (347)
2.3
1.5
8.5
5.5
6.9
0.23

% of reference
intake per 100g
21%
18%
25%
23%

Per 100g
0.30
0.45
200
161

Vitamins and
Minerals

Riboflavin B2 (mg)
Vitamin B12 (µg)
Calcium (mg)
Phosphorus (mg)

***Contains naturally occurring sugars.

Ingredients: Pasteurised Cow's Milk fermented with Live Kefir and Yogurt Cultures†.
†Includes: Bifidobacterium, Streptococcus thermophilus, Lactobacillus bulgaricus, Lactobacillus acidophilus.

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

Use by date: Please see lid.

Storage: Keep refrigerated at 1-5°C.

Stir well before consuming and consume within 3 days of opening.

Produced for Biotiful Dairy Ltd:
UK: PO Box 55560, London, SW7 9DJ.
EU: 3rd Floor Ulysses House,
Foley Street, Dublin 1, Ireland.



350g e

Approx. 3 portions per tub

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

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