

# What is Kefir?

Kefir is a nutrient rich, bio-live drink made from milk and live cultures. It has a wealth of health benefits which include:

- supports metabolism
- source of protein
- contains gut-friendly bacteria
- high in calcium



## Why choose Biokef?

### THE SUSTAINABLE KEFIR BRAND

Our kefir is produced sustainably on a family-run farm in Devon using milk from grass-fed jersey cows that live happy long lives. We choose glass bottles as this is the most environmentally friendly material.

### THE ORGANIC KEFIR BRAND

ALL of our products are certified organic – the milk, the fruit, the honey, the spices are all 100% organic.

### THE HEALTHY KEFIR BRAND

High fruit content - we use an amazing 16% of organic fruit puree in our fruit variants.  
100% Natural Ingredients - we have NO thickeners, NO refined sugars, NO additives, NO preservatives.

We choose to add ingredients that have additional health-giving properties:

- Cinnamon – may reduce blood pressure, is said to have anti-bacterial and anti-inflammatory properties;
- Honey – rich in antioxidants, may improve cholesterol;
- Blueberries – rich in antioxidants, may lower blood pressure;
- Strawberries – excellent source of Vitamin C and manganese.

### THE TASTY KEFIR BRAND

Made with milk from Jersey cows our Kefir has a delicious, creamy texture. Using organic ingredients with high fruit content, our range includes:

Original, Honey & Cinnamon (GTA 2019 winner, 2 stars), Strawberry and Blueberry – a taste for everyone!

*Enjoy our Kefirs anytime of the day – perfect for breakfast, mid-afternoon snack, or a post work-out pick-me-up!*

**biokef**

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