

Live Kefir Company

Ingredients, Nutritional Information & Allergen Information

Healthy Cow[®] Kefir

| | |
|---------------------------------------------------------------------|-------------------------|
| Ingredients: | Nutritional Per 100ml*: |
| Cultured British Whole Cow's Milk . | Energy 221kJ/53kcal |
| <i>Allergy advice: For allergens see ingredients in bold</i> | Fat 2.8g |
| | of which saturates 1.4g |
| | Carbohydrates 4.3g |
| | of which sugars 3.4g |
| | Protein 2.6g |
| | Salt 0.07g |
| | Potassium 154mg (8% RI) |

Healthy Goat[®] Kefir

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|---------------------------------------------------------------------|--------------------------|
| Ingredients: | Nutritional Per 100ml*: |
| Cultured British Whole Goat's Milk . | Energy 224kJ/54kcal |
| <i>Allergy advice: For allergens see ingredients in bold</i> | Fat 3.2g |
| | of which saturates 2.3g |
| | Carbohydrates 3.0g |
| | of which sugars 1.9g |
| | Protein 3.2g |
| | Salt 0.14g |
| | Potassium 216mg (11% RI) |

Healthy Coconut[®] Kefir

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|----------------------------------------------------|---------------------------|
| Ingredients: | Nutritional Per 100ml*: |
| Cultured Coconut Milk (Water, Coconut Cream). | Energy 134kJ/32kcal |
| <i>Allergy advice: May contain traces of Milk.</i> | Fat 3.2g |
| | of which saturates 3.0g |
| | Carbohydrates 1.0g |
| | of which sugars 0.1g |
| | Protein 0.3g |
| | Salt 0.13g |
| | Vitamin D 0.72µg (14% RI) |

Healthy Cow[®] Kefir with Banana

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|---------------------------------------------------------------------|-------------------------|
| Ingredients: | Nutritional Per 100ml*: |
| Cultured British Whole Cow's Milk , Banana Purée (15%). | Energy 351kJ/84kcal |
| <i>Allergy advice: For allergens see ingredients in bold</i> | Fat 3.4g |
| | of which saturates 2.5g |
| | Carbohydrates 9.9g |
| | of which sugars 9.0g |
| | Protein 2.8g |
| | Salt 0.09g |
| | Potassium 154mg (8% RI) |

Healthy Cow[®] Kefir with Blueberry

Ingredients:

Cultured British Whole Cow's **Milk**, Blueberry Purée (15%).

*Allergy advice: For allergens see ingredients in **bold***

Nutritional Per 100ml*:

| | |
|--------------------|---------------|
| Energy | 319kJ/76kcal |
| Fat | 3.2g |
| of which saturates | 2.3g |
| Carbohydrates | 8.1g |
| of which sugars | 6.7g |
| Protein | 3.2g |
| Salt | 0.09g |
| Potassium | 154mg (8% RI) |

Healthy Cow[®] Kefir with Cherry

Ingredients:

Cultured British Whole Cow's **Milk**, Cherry Purée (15%).

*Allergy advice: For allergens see ingredients in **bold***

Nutritional Per 100ml*:

| | |
|--------------------|----------------|
| Energy | 266kJ/63kcal |
| Fat | 2.8g |
| of which saturates | 2.0g |
| Carbohydrates | 6.4g |
| of which sugars | 6.3g |
| Protein | 2.7g |
| Salt | 0.09g |
| Potassium | 154mg (11% RI) |

Healthy Cow[®] Kefir with Mango

Ingredients:

Cultured British Whole Cow's **Milk**, Mango Purée (15%).

*Allergy advice: For allergens see ingredients in **bold***

Nutritional Per 100ml*:

| | |
|--------------------|----------------|
| Energy | 269kJ/64kcal |
| Fat | 2.4g |
| of which saturates | 1.8g |
| Carbohydrates | 7.7g |
| of which sugars | 7.4g |
| Protein | 2.5g |
| Salt | 0.10g |
| Potassium | 154mg (11% RI) |

Healthy Cow[®] Kefir with Passion Fruit

Ingredients:

Cultured British Whole Cow's **Milk**, Passion Fruit Purée (15%).

*Allergy advice: For allergens see ingredients in **bold***

Nutritional Per 100ml*:

| | |
|--------------------|---------------|
| Energy | 351kJ/84kcal |
| Fat | 4.0g |
| of which saturates | 3.0g |
| Carbohydrates | 8.5g |
| of which sugars | 6.0g |
| Protein | 3.0g |
| Salt | 0.10g |
| Potassium | 154mg (8% RI) |

Healthy Cow® Kefir with Strawberry

Ingredients:

Cultured British Whole Cow's **Milk**, Strawberry Purée (15%).

*Allergy advice: For allergens see ingredients in **bold***

Nutritional Per 100ml*:

| | |
|--------------------|---------------|
| Energy | 359kJ/86kcal |
| Fat | 4.0g |
| of which saturates | 3.0g |
| Carbohydrates | 8.5g |
| of which sugars | 6.0g |
| Protein | 3.0g |
| Salt | 0.09g |
| Potassium | 154mg (8% RI) |

Healthy Goat® Kefir with Pineapple

Ingredients:

Cultured British Whole Goat's **Milk**, Pineapple Purée (15%).

*Allergy advice: For allergens see ingredients in **bold***

Nutritional Per 100ml*:

| | |
|--------------------|---------------|
| Energy | 264kJ/63kcal |
| Fat | 3.1g |
| of which saturates | 1.7g |
| Carbohydrates | 6.3g |
| of which sugars | 5.9g |
| Protein | 2.2g |
| Salt | 0.08g |
| Potassium | 154mg (8% RI) |

Healthy Goat® Kefir with Raspberry

Ingredients:

Cultured British Whole Cow's **Milk**, Raspberry Purée (15%).

*Allergy advice: For allergens see ingredients in **bold***

Nutritional Per 100ml*:

| | |
|--------------------|---------------|
| Energy | 262kJ/62kcal |
| Fat | 2.8g |
| of which saturates | 1.9g |
| Carbohydrates | 7.1g |
| of which sugars | 4.6g |
| Protein | 2.2g |
| Salt | 0.08g |
| Potassium | 154mg (8% RI) |

* Typical values, nutritional values may vary due to continuous fermentation.