

# ANDECHSER NATUR

Known as the “drink of the 100-year-olds” the ANDECHSER NATUR mild organic kefir is a refreshing thirst quencher. It contains all valuable ingredients of milk at only 1.5% fat. During a careful long-term fermentation with special cultures the organic kefir gets its characteristic, slightly aromatic flavor. Available in a practical, resealable 500g bottle. Traceable to the organic farmer at [www.andechser-natur.de](http://www.andechser-natur.de).

Mild low-fat organic kefir\* with 1,5 % fat.

- ✓ refreshing low-fat pleasure with 1.5% fat
- ✓ produced with special kefir cultures
- ✓ PET bottle made from 50% recycled plastic

Other than yogurt and other sour milk products ANDECHSER NATUR organic kefir is produced from a complex culture of yeast, lactic acid bacteria and pasteurized, low-fat organic cow milk. With fermentation the kefir acquires its typical, slightly aromatic, refreshing flavor during a prolonged fermentation period.



## Average nutrient content per 100g

|                               |                                     |
|-------------------------------|-------------------------------------|
| <b>Energy</b>                 | 178 kJ / 42 kcal                    |
| <b>Fat</b>                    | 1,5 g                               |
| thereof saturated fatty acids | 1 g                                 |
| <b>Carbohydrate</b>           | 3,8 g                               |
| thereof sugar                 | 3,8                                 |
| <b>Protein</b>                | 3,4 g                               |
| <b>Salt</b>                   | 0,1 g (natural content of the milk) |

# Allergy information

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| Potentially allergenic food | contain according to recipe | Used in production possibly as a track included in the product |
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**Eggs**

(protein, yolk) and products thereof



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**Peanuts**

and products thereof



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**fish**

and products thereof



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**Cereals containing gluten**

(wheat [wheat starch, wheat flour, protein, durum wheat semolina], rye, barley, oat, spelt) and products thereof



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**Shellfishes**

and products thereof



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**Lactose**

Explanation: >0,1g/ 100g



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**Lupine**

and products thereof



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**Milk**

and dairy produce



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**Shell fruits**

(almond, hazelnut, walnut, chaew nut, pecan, Brazil nut, Pistachio nut, Macadamia nut and Queensland nut) and products thereof



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**Sulfur dioxide and sulfite**

at concentrations higher than 10 mg / kg or 10 mg / l, expressed as SO<sub>2</sub>



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**Celery**

and products thereof

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**mustard**

and products thereof

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**sesame**

and products thereof

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**Soya**

and products thereof

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**Molluscans**

and products thereof

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