Organic kefir 1,5 % 500 g

- ✔ **Contains seven active, live cultures**
- ✔ **Is rich in protein, which helps to build muscle mass**
- ✔ **Contains calcium, which supports normal bone maintenance**



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.

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

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.

Bioland

Average nutrient content per 100g

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

Allergy information

Potentially allergenic food	contain according to recipe	Used in production possibly as a track included in the product
Eggs (protein, yolk) and products thereof	—	—
Peanuts and products thereof	—	—
fish and products thereof	—	—
Cereals containing gluten (wheat [wheat starch, wheat flour, protein, durum wheat semolina], rye, barley, oat, spelt) and products thereof	—	—
Shellfishes and products thereof	—	—
Lactose Explanation: >0,1g/ 100g	✓	✓
Lupine and products thereof	—	—
Milk and dairy produce	✓	✓
Shell fruits (almond, hazelnut, walnut, chaew nut, pecan, Brazil nut, Pistachio nut, Macadamia nut and Queensland nut) and products thereof	—	—
Sulfur dioxide and sulfite at concentrations higher than 10 mg / kg or 10 mg / l, expressed as SO2	—	—

Celery and products thereof	—	—
mustard and products thereof	—	—
sesame and products thereof	—	—
Soya and products thereof	—	—
Molluscans and products thereof	—	—