

# ANDECHSER NATUR

## low-fat organic kefir mild with 1.5% fat 500g

- ✓ Contains seven active and living cultures
- ✓ Is rich in protein which contributes to strengthening your muscle mass
- ✓ Contains calcium which preserves the normal bone strength

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.

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## Average nutrient content per 100g

<b>Energy</b>	178 kJ / 42 kcal
<b>Fat</b>	1,5 g
thereof saturated fatty acids	1,0 g
<b>Carbohydrate</b>	3,8 g
thereof sugar	3,8 g (natürlicher Milchzucker)
<b>Protein</b>	3,4 g
<b>Salt</b>	0,16 g (natürliche Salze der Milch)

## Allergy information

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

<b>Eggs</b> (protein, yolk) and products thereof	—	—
<b>Peanuts</b> and products thereof	—	—
<b>fish</b> and products thereof	—	—
<b>Cereals containing gluten</b> (wheat [wheat starch, wheat flour, protein, durum wheat semolina], rye, barley, oat, spelt) and products thereof	—	—
<b>Shellfishes</b> and products thereof	—	—
<b>Lactose</b> Explanation: >0,1g/ 100g	—	—
<b>Lupine</b> and products thereof	—	—
<b>Milk</b> 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



**Molluscs**

and products thereof

