

KEFIR MILK PROBIOTIC YOGURT

Kefir is a fermented milk that is produced using Kefir Grains, Its a specific type of mesophilic symbiotic culture popular for its digestive well-being.



Many Benefits

IMPROVES DIGESTION

HEALTHY WEIGHT

BONE HEALTH

LACTOSE FREE

IMPROVES MOOD

ANTI ALLERGIC

BOOST IMMUNITY

ANTI-AGING

SOURCE OF PROTEIN

PROMOTES SKIN HEALTH

ANTIOXIDANT

SOURCE OF CALCIUM & VIT-D



PROBIOTICS

Lactobacillus acidophilus
Lactobacillus brevis
Lactobacillus casei
Lactobacillus delbrueckii subsp. bulgaricus
Lactobacillus delbrueckii subsp. delbrueckii
Lactobacillus delbrueckii subsp. lactis
Lactobacillus helveticus
Lactobacillus kefiranofaciens subsp. kefiranofaciens
Lactobacillus kefir
Lactobacillus paracasei subsp. paracasei
Lactobacillus plantarum
Lactobacillus rhamnosus
Lactobacillus sake
Lactococcus lactis subsp. cremoris
Lactococcus lactis subsp. lactis
Lactococcus lactis
Leuconostoc mesenteroides subsp. cremoris
Leuconostoc mesenteroides subsp. dextransucrose
Leuconostoc mesenteroides subsp. mesenteroides
Pseudomonas
Pseudomonas fluorescens
Pseudomonas putida
Streptococcus thermophilus



YEASTS

Candida humilis
Kazachstania unispora
Kazachstania exigua
Kluyveromyces siamensis
Kluyveromyces lactis
Kluyveromyces marxianus
Saccharomyces cerevisiae
Saccharomyces martiniae
Saccharomyces unisporus

WHAT ARE MILK KEFIR GRAINS?

Milk kefir grains are a combination of live bacteria and yeasts that exist in a symbiotic matrix on a surface of a complex polysaccharide with a casein core. The make-up of kefir grains can vary depending on the culturing location and culturing conditions.

These "grains" are tiny, rubbery, knobby-looking cell structures that are home to the bacteria and yeast that ferment the kefir milk.

KEFIR.PK

You can
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Kefir ^v/_s Yogurt

Lets explore explore their differences



- Kefir is a mesophilic culture, which ferments at room temperature therefore not require to be heated.
- it has **12-34** types of probiotic strains
- Bacteria inside Kefir can attach with lining of the gut, also colonize there to improve digestive health.
- These probiotics are aggressive against gut pathogens.
- It is Less dense, thinner than yogurt

- Two types of yogurt available, thermophilic and mesophilic, Thermophilic culture needs a certain temperate to process.
- It has **2-4** types of probiotic strains
- Yogurt has transient bacteria, will help to clean the gut.
- Yogurt has rich food for the gut microbiome.
- It has Thick consistency

Our gut's microbiome has a delicate balance. Research suggests that consuming probiotic foods like kefir milk and yogurt will help to restore balance and to fight against gastrointestinal diseases.

Kefir is loaded with probiotics, drinking it after taking antibiotics will be beneficial to restore the lost flora that fight against pathogens. Regular consumption of kefir may also prevent many intestinal problems.



To ORDER, please visit
www.kefir.pk