



the Kefir company

FERMENTED COCONUT WATER

GOOD FOR YOU, NATURALLY!

Kefir has been known for thousands of years for its anti-aging and immune enhancing properties.

Kefir is an ancient cultured food rich in amino acids, enzymes, calcium, magnesium, phosphorus and potassium. Kefir means "feel good" in Turkish, and that's just how you'll feel after drinking a glass in the morning!

Easy to take either "Straight Up" (a champagne-ie taste and fizz) or blend it with a little organic fruit juice of your choosing. It is superior to commercial yogurt.

An absolute must after antibiotic use!

Unlike yogurt, kefir can actually colonize the intestinal tract.

Some of the benefits of regularly taking Young Coconut Water Kefir MAY include;

- supporting the nervous system and the bodys response to cravings for sugar or carbohydrates
- supporting the cleansing of the endocrine system (adrenals, thyroid, pituitary, ovaries)
- aiding the normal digestion of your food
- supporting a healthy immune system
- aiding nutritional absorption from your food
- assisting with regular bowel function
- useful support to help balance moods
- helping with normal menstruation
- natural cleansing of the colon
- supporting healthy intestines and internal organs
- helping maintain healthy hair, nails and skin.

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At THE KEFIR COMPANY, we only use "Body Ecology Kefir Starter" to ferment our coconut water, which contains the following beneficial bacteria:

- ☺ - Lactococcus lactis subsp. Lactis,
- ☺ - Lactococcus lactis subsp. cremoris
- ☺ - Lactococcus lactis subsp. diacetylactis,
- ☺ - Leuconostoc mesenteroides subsp. cremoris
- ☺ - Lactobacillus kefir (thermophilic)
- ☺ - Klyveromyces marxianus var. marxianus
- ☺ - Saccharomyces unisporus
- ☺ - Dextrose, as a carrier (consumed during fermentation)

IN WHAT QUANTITIES IS IT AVAILABLE?

Our Kefir is available from retail outlets in a 300ml bottle, 'the Sipper'; and a 500ml bottle, 'the BIG Sipper'.

Also available, direct from us, is 'The Batch'. This represents the best value for money and provides you with 4 litres of our kefir, after reinoculation.

WHAT YOU GET IN A BATCH:

- 1x glass 1 litre 'Mother' bottle (kept in fridge/on bench)
- 4x 800ml frozen re-inoculating 'Child' bottles (kept in freezer until required)

WHAT IT COSTS:

Initial Batch = \$110.00 (for the batch) + \$20.00 for a container bond, which is refundable upon return of the glass and plastic containers.

Ongoing batches = \$110 (if purchased in single batches)

HOW LONG WILL IT LAST:

An individual adult consuming a 1/2 cup (125ml) a day, should last 32 days.

Your initial batch will last a little longer as you 'acclimatise your system' up to taking a 1/2 cup a day, over a period that suits you.

..... so it actually works at \$3.43 a day. Definitely on par with all those lattes and flat whites we love to consume every day but oh so much better for you!!!