



## Green Valley Organics Expands Its Popular Lactose Free Real Dairy Line During "Lactose Intolerance Month"

*Green Valley Organics, the only organic, certified humane, makers of lactose free yogurts, kefir and sour cream, announces two new products available nationwide.*

Sebastopol, CA ([PRWEB](#)) February 07, 2012 -- Green Valley Organics® has two new reasons for dairy lovers to enjoy their all natural, probiotic-packed lactose free products: Peach Yogurt made with juicy, organic peaches and Strawberry Pomegranate Acai Kefir, a smooth, creamy blend made with organic, antioxidant-rich fruits.

“When we introduced Green Valley Organics nationwide in September 2010, we created a new category. We were the first to introduce real cow dairy lactose free yogurt and kefir and we continue to be the only organic and [Certified Humane®](#) brand to be available nationwide,” said Green Valley Organics [Owner Jennifer Bice](#). “Consumers are literally ‘eating it up’ and we are responding. We’ve added new flavors and larger sizes, and new offerings with the introduction of our lactose free sour cream in 2011.”

"The estimated 10 percent of Americans who are lactose intolerant don't need a special month to remind them of all the tasty, nutritious and convenient dairy foods they've been missing out on – it's an issue 365 days a year," said [Tamara Duker Freuman](#), RD, CDN, who treats a wide range of digestive health and nutritional conditions from her New York City-based [private practice](#). “Most supermarkets now sell lactose-free milk, but only recently have Fortune 500 companies started marketing lactose-free yogurts as well.

“I continue to come back to Green Valley Organics as my brand of choice, both personally and for my lactose-intolerant patients: it has both plain (no-added sugar) and lower-sugar flavors, it's made with organic milk, it comes from a single, certified humane dairy farm in California, and it doesn't contain unnecessary fillers and preservatives,” added Freuman. “While it's encouraging that large corporations are responding to the needs of this long-ignored group of consumers, it's frustrating that the new crop of lactose-free yogurts being marketed have up to 26 grams of sugar per modest 6-oz serving, do not offer ‘plain’ varieties for weight conscious or diabetic customers who need to avoid added sugar, and are loaded with processed food additives and preservatives that have no business being in yogurt. After all, yogurt is supposed to be a healthy food!”

Adding to the health appeal of Green Valley Organics yogurt and kefir is the addition of [Flourish®](#) – a custom blend of 10 live active probiotic cultures that promotes optimal digestive and immune system health. Flourish delivers eight more health-promoting live active cultures than the USDA’s yogurt requirement of two.

In addition to the two new products, Green Valley Organics is introducing a new larger size (24-oz.) of its best-selling Vanilla yogurt. The Plain and Honey yogurt also are available in the larger size.

Green Valley Organics uses organic peaches, strawberries and blueberries in its fruit-at-the bottom yogurt, and Grade A organic wildflower honey, natural vanilla and evaporated cane juice for a naturally sweet taste. The price of a 6-oz. yogurt is about \$1.59. A 24-oz. container is about \$3.99, and is available in Plain, Honey and Vanilla. Green Valley Organics kefir is about \$4.49 for a 32-oz. bottle. Sour cream is sold in 12-oz cartons and is about \$3.99. Products are available nationwide at grocery, specialty and natural food retailers. To find a store near you, go to [GreenValleyLactoseFree.com/stores/](#).



About Green Valley Organics Lactose Free ([GreenValleyLactoseFree.com](http://GreenValleyLactoseFree.com))

Green Valley Organics® Lactose Free yogurts, kefir and sour cream were created to help folks who are lactose intolerant enjoy all the health benefits and great taste of real dairy without the tummy troubles, bringing peace, love and dairy back into their lives. From the makers of Redwood Hill Farm®, a family-owned company committed to digestive health for more than 40 years, Green Valley Organics is a brand consumers can trust, made with organic milk that carries the Certified Humane Raised and Handled® label, which is considered the gold standard in third-party certification for humane animal treatment. Redwood Hill Farm and Green Valley Organics are the only dairy brands with Flourish®, a custom blend of 10 live and active cultures that deliver millions of “good-for-you probiotics” in every spoonful. Dedicated to protecting the environment and green open spaces, Green Valley Organics is a proud supporter of the Climate Protection Campaign, Sonoma Land Trust and Sonoma Land Paths. Visit [GreenValleyLactoseFree.com](http://GreenValleyLactoseFree.com) for tips on living with lactose intolerance, great recipes and more information about the company’s wholesome products and earth-friendly business practices, including the recent installation of a new solar energy system at the Green Valley Organics creamery.

###



**Contact Information**

**Kris Ellenberg**

keprmrktg@gmail.com

(310) 430-1772

**Sharon Bice**

Green Valley Organics

<http://www.greenvalleylactosefree.com>

707-823-8250 104

**Online Web 2.0 Version**

You can read the online version of this press release [here](#).