



TASTE THE FREEDOM

Now all your lactose intolerant customers can be free to drink real dairy kefir. It's easy with Green Valley Organics. Made with milk from small, humane-certified family farms, our organic kefir is free of lactose, but full of good-for-you probiotics and rich, creamy flavor, and it's delicious!



PEACE



LOVE



DAIRY

· LACTOSE FREE ·



GREEN VALLEY
ORGANICS

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LACTOSE FREE KEFIR

Freedom never tasted so good. Now everyone can enjoy the creamy taste of Green Valley Organics Kefir without getting an upset stomach. We start with farm fresh, 100% organic milk, take the lactose out, and add a blend of 10 live and active probiotic cultures. This makes our kefir an excellent source of probiotics, calcium, protein and happy customers.

Green Valley Organics Kefir is:

- Made with Real Dairy, Yet it's Lactose Free
- Probiotic Rich with blend of 10 Live and Active Cultures
- Less sugar than other organic kefirs
- Kosher Certified, GMO and Gluten Free
- Certified Humane
- Organic and Delicious

Case Count

6/32 oz. bottles per case

Nutrition Facts

Serving Size: 1 cup, 8 fl oz (240mL)
Servings per container: 4

Calories 90 Fat Cal. 20

Amount/Serving	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 75mg	3%
Total Carbohydrate 10g	3%
Dietary Fiber 0g	0%
Sugars 4g	
Protein 8g	



· PLAIN ·

INGREDIENTS: Organic Lowfat Pasteurized Milk, Lactase Enzyme, Vitamin A, 10 Live and Active Cultures.

32 oz (946 mL) quart
0 81312 40000 9

Nutrition Facts

Serving Size: 1 cup, 8 fl oz (240mL)
Servings per container: 4

Calories 160 Fat Cal. 20

Amount/Serving	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 65mg	3%
Total Carbohydrate 27g	9%
Dietary Fiber 0g	0%
Sugars 21g	
Protein 7g	



· BLUEBERRY ·
· POM · AÇAÍ ·

INGREDIENTS: Organic Lowfat Pasteurized Milk, Organic Fruit (Organic Evaporated Cane Juice, Water, Organic Açai, Organic Blueberry Pomegranate Juice Concentrate, Pectin, Organic Locust Bean Gum, Fruit and Vegetable Juice, Citric Acid, Sodium Citrate), Lactase Enzyme, Vitamin A, 10 Live and Active Cultures.

32 oz (946 mL) quart
0 81312 40001 6