

## A refreshing probiotic drink, our Water Kefir drink is healthy and delicious!

Enjoy an effervescent beverage while nourishing your microbiome and improving your mood. It naturally carbonates on its own and makes an excellent cocktail mix. Our water kefir is made with water, water kefir cultures, organic cane sugar, and natural fruit flavours

Try all 4 flavours: Cherry, Guava, Peach and Lemon 100% Vegan, Non-GMO, Gluten-Free, & Lactose-Free.



## HEALTHY, HIGH IN PROBIOTICS VEGAN & ORGANIC

## Regular consumption of Kefir has been associated with:

- >>> Improved digestion and tolerance to lactose
- >>> Antibacterial effect
- >>> Control of plasma glucose
- >>> Anti-hypertensive effect
- >>> Anti-inflammatory effect
- >>> Antioxidant activity
- >>> Anti-allergenic activity
- ... and the list keeps on going