



LIVE & ACTIVE  
PROBIOTICS

Lifeway®  
EST. 1988

ORGANIC

**KEFIR**

cultured lowfat milk  
VIt. A&D

1%  
MILKFAT



**PLAIN**  
UNSWEETENED\*

32 FL OZ (1 QT) 946mL

# Nutrition Facts

About 4 servings per container

Serving size 1 cup (240 mL)

Amount per serving

**Calories** **110**

% Daily Value\*

Total Fat 2g 3%

Saturated Fat 1.5g 8%

*Trans* Fat 0g

Cholesterol 10mg 3%

Sodium 125mg 5%

Total Carbohydrate 9g 3%

Dietary Fiber 0g 0%

Total Sugars 9g

Includes 0g Added Sugars 0%

Protein 10g 16%

Vitamin D 3.8mcg 20% • Calcium 390mg 30%

Iron 0mg 0% • Potassium 380mg 8%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** PASTEURIZED ORGANIC LOWFAT MILK, ORGANIC NONFAT MILK, PECTIN, VITAMIN A PALMITATE, VITAMIN D3, LIVE AND ACTIVE CULTURES.  
**CONTAINS: MILK.**