

Lifeway Kefir vs Yogurt

You deserve more protein and probiotics than the leading yogurt brand, so put down the spoon and pick up a bottle of Lifeway Kefir
(because you've got good taste, and so do we!)

PROBIOTICS

Kefir has **12 live & active** probiotic cultures *while yogurt only has 2 to 5*

PROTEIN

Kefir has **10g of protein** in a 8oz serving *while yogurt only has 6g*

COLONY FORMING UNITS (CFU)

Kefir has **25 to 30 billion** colony forming units *while yogurt only has about 6 billion*

SUGAR

Kefir has **2x less sugar** *than the leading yogurt brand*

LACTOSE

Kefir is **up to 99% lactose free**, which makes it lactose intolerance friendly *while most yogurts are not*



LEARN MORE AT

LifewayFoods.com

#LOVEYOURGUTS

