



# Lowfat Kefir

## Probiotic Dairy Beverage

25-30 Billion CFU<sup>†</sup>

May Support a Strong Immune System\*

May Promote a Balanced and  
Diverse Microbiome\*

Lactose Intolerance Friendly

Good Source of Protein



**SCAN FOR**  
SELL SHEETS, EPK,  
AND MORE!

\*As part of a balanced diet.





### PLAIN

Nutrition Facts	
About 4 servings per container	
Serving size	1 cup (240 mL)
Amount per serving	
<b>Calories</b>	<b>110</b>
% 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 8g 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 LOWFAT MILK, NONFAT MILK, PECTIN, VITAMIN A PALMITATE, VITAMIN D3, CULTURES.  
**CONTAINS: MILK.**



### STRAWBERRY <1% JUICE

Nutrition Facts	
About 4 servings per container	
Serving size	1 Cup (240mL)
Amount per serving	
<b>Calories</b>	<b>140</b>
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 125mg	5%
Total Carbohydrate 18g	7%
Dietary Fiber 0g	0%
Total Sugars 18g	
Includes 8g Added Sugars	16%
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 LOWFAT MILK, CANE SUGAR, NONFAT MILK, NATURAL STRAWBERRY FLAVOR WITH OTHER NATURAL FLAVORS, PECTIN, VEGETABLE JUICE (FOR COLOR), VITAMIN A PALMITATE, VITAMIN D3, CULTURES.  
**CONTAINS: MILK.**



### BLUEBERRY <1% JUICE

Nutrition Facts	
About 4 servings per container	
Serving size	1 Cup (240mL)
Amount per serving	
<b>Calories</b>	<b>140</b>
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 125mg	5%
Total Carbohydrate 18g	7%
Dietary Fiber 0g	0%
Total Sugars 18g	
Includes 8g Added Sugars	16%
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 LOWFAT MILK, CANE SUGAR, NONFAT MILK, NATURAL BLUEBERRY FLAVOR WITH OTHER NATURAL FLAVORS, PECTIN, FRUIT JUICE (FOR COLOR), VITAMIN A PALMITATE, VITAMIN D3, CULTURES.  
**CONTAINS: MILK.**



### PEACH <0% JUICE

Nutrition Facts	
About 4 servings per container	
Serving size	1 Cup (240mL)
Amount per serving	
<b>Calories</b>	<b>140</b>
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 125mg	5%
Total Carbohydrate 18g	7%
Dietary Fiber 0g	0%
Total Sugars 18g	
Includes 8g Added Sugars	16%
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 LOWFAT MILK, CANE SUGAR, NONFAT MILK, NATURAL PEACH FLAVOR WITH OTHER NATURAL FLAVORS, PECTIN, ANNATTO EXTRACT (FOR COLOR), VITAMIN A PALMITATE, VITAMIN D3, CULTURES.  
**CONTAINS: MILK.**



### MIXED BERRY <1% JUICE

Nutrition Facts	
About 4 servings per container	
Serving size	1 Cup (240mL)
Amount per serving	
<b>Calories</b>	<b>140</b>
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 125mg	5%
Total Carbohydrate 18g	7%
Dietary Fiber 0g	0%
Total Sugars 18g	
Includes 8g Added Sugars	16%
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 LOWFAT MILK, CANE SUGAR, NONFAT MILK, NATURAL MIXED BERRY FLAVOR WITH OTHER NATURAL FLAVORS, PECTIN, VEGETABLE JUICE (FOR COLOR), VITAMIN A PALMITATE, VITAMIN D3, CULTURES.  
**CONTAINS: MILK.**

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SIZE	CONSUMER DIMENSION	CASE SIZE	CASE WEIGHT	CASE CUBE	PALLET BLOCK/TIER	PALLET WEIGHT
6/32 fl. oz.	3 in x 3 in x 9.5 in	9 in x 6 in x 9.5 in	14.25 lb.	.30 cu. ft.	34 x 5 = 170 Cs.	2473 lb.



**STRAWBERRY BANANA**  
**<1% JUICE**

Nutrition Facts	
About 4 servings per container	
Serving size	1 Cup (240mL)
Amount per serving	
<b>Calories</b>	<b>140</b>
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 125mg	5%
Total Carbohydrate 18g	7%
Dietary Fiber 0g	0%
Total Sugars 18g	
Includes 8g Added Sugars	16%
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 LOWFAT MILK, CANE SUGAR, NONFAT MILK, NATURAL STRAWBERRY BANANA FLAVOR WITH OTHER NATURAL FLAVORS, PECTIN, VEGETABLE JUICE (FOR COLOR), VITAMIN A PALMITATE, VITAMIN D3, CULTURES.  
**CONTAINS: MILK.**



**MANGO**  
**0% JUICE**

Nutrition Facts	
About 4 servings per container	
Serving size	1 Cup (240mL)
Amount per serving	
<b>Calories</b>	<b>140</b>
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 125mg	5%
Total Carbohydrate 18g	7%
Dietary Fiber 0g	0%
Total Sugars 18g	
Includes 8g Added Sugars	16%
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 LOWFAT MILK, CANE SUGAR, NONFAT MILK, NATURAL MANGO FLAVOR WITH OTHER NATURAL FLAVORS, PECTIN, ANNATTO EXTRACT (FOR COLOR), VITAMIN A PALMITATE, VITAMIN D3, CULTURES.  
**CONTAINS: MILK.**



**RASPBERRY**  
**<1% JUICE**

Nutrition Facts	
About 4 servings per container	
Serving size	1 Cup (240mL)
Amount per serving	
<b>Calories</b>	<b>140</b>
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 125mg	5%
Total Carbohydrate 18g	7%
Dietary Fiber 0g	0%
Total Sugars 18g	
Includes 8g Added Sugars	16%
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 LOWFAT MILK, CANE SUGAR, NONFAT MILK, NATURAL RASPBERRY FLAVOR WITH OTHER NATURAL FLAVORS, PECTIN, VEGETABLE JUICE (FOR COLOR), VITAMIN A PALMITATE, VITAMIN D3, CULTURES.  
**CONTAINS: MILK.**



**VANILLA**

Nutrition Facts	
About 4 servings per container	
Serving size	1 Cup (240mL)
Amount per serving	
<b>Calories</b>	<b>140</b>
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 125mg	5%
Total Carbohydrate 18g	7%
Dietary Fiber 0g	0%
Total Sugars 18g	
Includes 8g Added Sugars	16%
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 LOWFAT MILK, CANE SUGAR, NONFAT MILK, NATURAL VANILLA FLAVOR WITH OTHER NATURAL FLAVORS, PECTIN, VITAMIN A PALMITATE, VITAMIN D3, CULTURES.  
**CONTAINS: MILK.**



**CHOCOLATE**  
**<1% JUICE**

Nutrition Facts	
About 4 servings per container	
Serving size	1 Cup (240mL)
Amount per serving	
<b>Calories</b>	<b>140</b>
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 125mg	5%
Total Carbohydrate 18g	7%
Dietary Fiber 0g	0%
Total Sugars 18g	
Includes 8g Added Sugars	16%
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 LOWFAT MILK, CANE SUGAR, NONFAT MILK, NATURAL CHOCOLATE FLAVOR WITH OTHER NATURAL FLAVORS, VEGETABLE AND FRUIT JUICE (FOR COLOR), PECTIN, VITAMIN A PALMITATE, VITAMIN D3, CULTURES.  
**CONTAINS: MILK.**

**UNIT UPC:**



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SIZE	CONSUMER DIMENSION	CASE SIZE	CASE WEIGHT	CASE CUBE	PALLET BLOCK/TIER	PALLET WEIGHT
6/32 fl. oz.	3 in x 3 in x 9.5 in	9 in x 6 in x 9.5 in	14.25 lb.	.30 cu. ft.	34 x 5 = 170 Cs.	2473 lb.



**CHERRY**  
<1% JUICE

Nutrition Facts	
About 4 servings per container	
Serving size	1 Cup (240mL)
Amount per serving	
<b>Calories</b>	<b>140</b>
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 125mg	5%
Total Carbohydrate 18g	7%
Dietary Fiber 0g	0%
Total Sugars 18g	
Includes 8g Added Sugars	16%
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 LOWFAT MILK, CANE SUGAR, NONFAT MILK, NATURAL CHERRY FLAVOR WITH OTHER NATURAL FLAVORS, PECTIN, VEGETABLE JUICE (FOR COLOR), VITAMIN A PALMITATE, VITAMIN D3, CULTURES.  
**CONTAINS: MILK.**

**UNIT UPC:**



**CASE UPC:**



**POMEGRANATE**  
<1% JUICE

Nutrition Facts	
About 4 servings per container	
Serving size	1 Cup (240mL)
Amount per serving	
<b>Calories</b>	<b>140</b>
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 125mg	5%
Total Carbohydrate 18g	7%
Dietary Fiber 0g	0%
Total Sugars 18g	
Includes 8g Added Sugars	16%
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 LOWFAT MILK, CANE SUGAR, NONFAT MILK, NATURAL POMEGRANATE FLAVOR WITH OTHER NATURAL FLAVORS, PECTIN, VEGETABLE JUICE (FOR COLOR), VITAMIN A PALMITATE, VITAMIN D3, CULTURES.  
**CONTAINS: MILK.**

**UNIT UPC:**



**CASE UPC:**



**COCONUT**  
0% JUICE

Nutrition Facts	
About 4 servings per container	
Serving size	1 Cup (240mL)
Amount per serving	
<b>Calories</b>	<b>140</b>
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 125mg	5%
Total Carbohydrate 18g	7%
Dietary Fiber 0g	0%
Total Sugars 18g	
Includes 8g Added Sugars	16%
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 LOWFAT MILK, CANE SUGAR, NONFAT MILK, NATURAL COCONUT FLAVOR, PECTIN, VITAMIN A PALMITATE, VITAMIN D3, CULTURES.  
**CONTAINS: MILK.**

**UNIT UPC:**



**CASE UPC:**



**GUAVA**  
<1% JUICE

Nutrition Facts	
About 4 servings per container	
Serving size	1 Cup (240mL)
Amount per serving	
<b>Calories</b>	<b>140</b>
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 125mg	5%
Total Carbohydrate 18g	7%
Dietary Fiber 0g	0%
Total Sugars 18g	
Includes 8g Added Sugars	16%
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 LOWFAT MILK, CANE SUGAR, NONFAT MILK, NATURAL GUAVA FLAVOR WITH OTHER NATURAL FLAVORS, PECTIN, VEGETABLE JUICE (FOR COLOR), VITAMIN A PALMITATE, VITAMIN D3, CULTURES.  
**CONTAINS: MILK.**

**UNIT UPC:**



**CASE UPC:**



SIZE	CONSUMER DIMENSION	CASE SIZE	CASE WEIGHT	CASE CUBE	PALLET BLOCK/TIER	PALLET WEIGHT
6/32 fl. oz.	3 in x 3 in x 9.5 in	9 in x 6 in x 9.5 in	14.25 lb.	.30 cu. ft.	34 x 5 = 170 Cs.	2473 lb.