

## THE VIKING SECRETS

### Filmjök from Sweden

Natural fermented milks are a traditional element of the Scandinavian diet, generally consumed as a drinks during meals. Swedish “Filmjök” is a natural product containing no added flavouring and it is also well known in Finland ( Piimä ), Baltic countries ( Hapu-piim ) and in Poland ( Maslanka ).

History: the origins of this dairy product date back to what is known as the Viking age, the era going from the late 8th century to the late 11th century.

The Viking population, to survive cold winters and sustain themselves during their migrations around the “Old Continent”, needed to have a product easy to make and carry around, but also nutrient and healthy. Filmjök, also known as Fil, is a nutrient fermented milk, rich in proteins and containing probiotic strains beneficial to the gut health, and to this day it constitutes the leading fermented milk product on the Swedish market.

Made with fresh milk, Filmjök is fermented slowly, giving the authentic Swedish soft, velvety texture and mild natural flavor.

Filmjök is thinner in texture than yogurt, but slightly thicker than milk, making it perfect to drink on its own, as well as to pour over fruit or cereal or blend into smoothies.

Filmjök contains several different active cultures and probiotics, live microorganisms that help maintaining a healthy gut flora and regulating the digestive tract.

### The nordic flavour

SACCO SYSTEM offers an exclusive blend of strains tailor-made to support the production of the original Swedish Filmjök.

This culture blend has been developed and optimized in collaboration with the Swedish technicians of our branch, SACCO SYSTEM Nordic, present in the Scandinavian Land.

Today, SACCO SYSTEM offers its real Filmjök blend worldwide, in full respect of the origin, tradition, quality, taste, and nutritive factors that characterize this particular product.



## Swedish inspired filmjök cultures

Filmjök is produced starting from pasteurised semi-skimmed milk or skimmed cow's milk through a fermentation process with the help of specific mesophilic starter cultures like Cryofast M 335 Q. The fermentation time is about 18 - 20 hours at 20 - 21°C. The use of selected probiotic strains like *Lactobacillus acidophilus* and *Bifidobacterium animalis* ssp. *lactis* in combination with the mesophilic culture is gaining more and more popularity.

PRODUCT	CHARACTERISTICS OF CULTURES
CRYOFAST M 335 Q	<i>Lactococcus lactis</i> ssp. <i>lactis</i> <i>Lactococcus cremoris</i> <i>Lactococcus lactis</i> ssp. <i>lactis</i> biovar <i>diacetylactis</i> <i>Leuconostoc mesenteroides</i>

## Filmjök with probiotics

### CRYOFAST M 335 Q

Selected mesophilic strains of *Lactococcus lactis* ssp. *lactis*, *Lactococcus cremoris*, *Lactococcus lactis* ssp. *lactis* biovar *diacetylactis* and *Leuconostoc* spp.

### with LYOFAST BIFIDO 1

- *Bifidobacterium longum* ssp. *infantis* SP 37 - BI 221
- *Bifidobacterium animalis* ssp. *lactis* BLC 1
- *Bifidobacterium animalis* ssp. *lactis* BI 1

These 3 strains were selected in light of their functional properties, their mutual synergy and their behavior in the gastrointestinal microenvironment ( transit, metabolic activity and / or colonization ).

The metabolic activity of *Bifidobacterium* also improves the organoleptic properties of the product.

### with LYOFAST AB 1

Selected probiotic strains of *Lactobacillus acidophilus* and *Bifidobacterium animalis* ssp. *lactis*.

Evidence suggests that ingesting lactic acid bacteria exerts a suppressive effect on *Helicobacter pylori* infection in humans. Supplementing with *Lactobacillus* and *Bifidobacterium* containing yogurt (AB-yogurt) was shown to improve the rates of eradication of *H. pylori* in humans<sup>1</sup>.

#### References

shorturl.at/ixlT2; <https://en.wikipedia.org/wiki/Filmj%C3%B6lk>; <https://focusonfoodsafety.wordpress.com/2019/04/16/filmjolks-health-benefits/>; <http://www.milkingredients.ca/index-eng>.  
 [1]Wang K. et.al. Effects of ingesting Lactobacillus and Bifidobacterium containing yogurt in subjects with colonized Helicobacter pylori Am J Clin Nutr 2004; 80:737– 41. php?id=180