

# Kefir



## What is Kefir?

Kefir is a nutrient-rich fermented milk originating from the Caucasus region, and it is especially popular in countries of the former Soviet Union.

It can traditionally be made from goat, sheep, or cow's milk through coagulation, which is carried out by naturally occurring lactic acid bacteria or by adding a starter culture. Today, the product preferred by consumers has a more modern and delicate taste compared to the past

## Kefir, probiotics, and micronutrients

Among the food trends that have gained momentum in recent years is the widespread pursuit of a lifestyle that promotes health and environmental sustainability through healthier and more sustainable food choices. Kefir is a source of probiotics, beneficial bacteria for the gut, which help maintain a healthy balance of intestinal flora, thereby improving digestion and strengthening the immune system. At the time of consumption, kefir contains a high number of live and active microorganisms, along with enzymes derived from them, which can further aid digestion.

Kefir is also a good source of calcium, vitamin D, B vitamins, and minerals such as magnesium and phosphorus, which are essential for the health of bones, teeth, and the nervous system. Regular consumption of kefir may also improve cardiovascular health by lowering blood cholesterol levels.

It can be consumed at breakfast, lunch, or dinner, and provides health benefits to everyone, including those who are lactose intolerant.

## Kefir and protective cultures

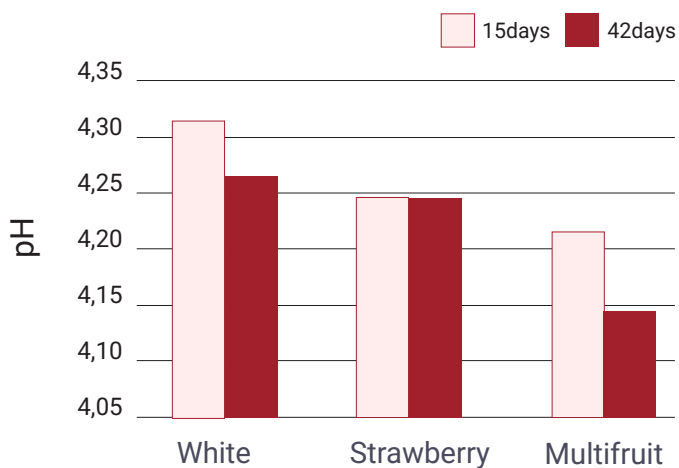
To prevent contamination by undesirable microorganisms and to preserve the organoleptic and structural characteristics of the product throughout its shelf life, Sacco System recommends adding the LR4 PD blend from the 4Protection line, an anti-yeast and anti-mold mixture called Lyofast LR4 PD, to the ferments used in kefir production. This ensures a clean-label product while maintaining the product's quality and safety.

## Our contribution to a unique kefir

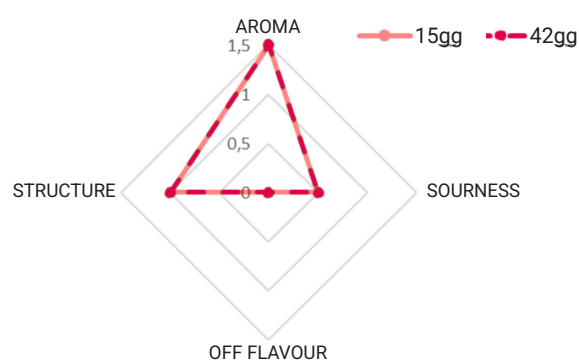
The Sacco System group has developed a perfect blend for those seeking an ethnic product that stands out on supermarket shelves, offering a fresh, sweet, and aromatic sensory profile.

Culture	Available Formats	Inoculation Temperature	Fermentation Duration	pH Drop at 42°C	Sensory Profile	Advantages
Lyofast SAB 138 A + Lyofast MS 330 EN	5, 10, 20, 50 uc/100 liters	32 - 36°C	6 - 8 hours	0,15 - 0,20	Fresh, Aromatic, Sweet	Stable until the end of shelf life
Lyofast STV 5	5 uc/ 1000 liters	32 - 36°C	6 - 8 hours	0,15 - 0,20	-	Provides stucture

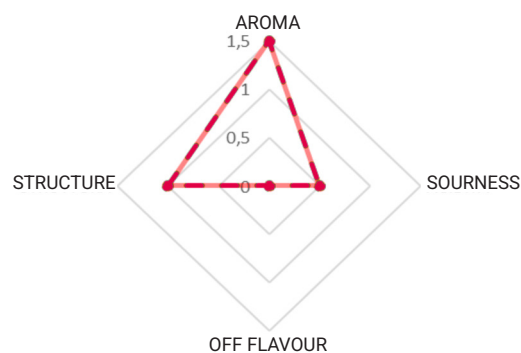
Evolution of pH over time



White Flavor



Multifruit Flavor



Straberry Flavor

