

ActiveB®AVO yoghurt

Ferment powder with colostrum
and active probiotic cultures
in a prebiotic matrix

For the preparation of BRAVO yoghurt



For intestinal flora and microbiome

ActiveB®AVO is a fermentation powder for the preparation of BRAVO yoghurt, which is superior to other fermentation products due to its valuable ingredients.

BRAVO yoghurt supports

- the normalisation of the **natural human microbiome**, which has many important functions in the organism, above all a healthy digestion and the maintenance of our immune defence
- the biodiversity of the physiological intestinal flora: the fermentation process produces **more than 100 probiotic strains** – some of which produce the enzymes **β-galactosidase** and **sialidase**, which are so important for the **body's own macrophage activation (MAF)**
- the supply of natural **immunostimulating antibodies from colostrum**

Lactic fermentation products such as yoghurt, kefir or kumys have been securing the nutritional basis as well as the health and longevity of nomadic peoples for thousands of years. The secret of lactic acid products, apart from the balsamic lactic acid, is above all the probiotics they contain, literally: "for the life" – a collective term for beneficial bacteria and yeasts. These form in different strain diversity and germ numbers, depending on the food quality offered to them and the environmental conditions. Good probiotics primarily nourish a physiological intestinal flora. This is important for digestion, strengthening the barrier function of the intestine and the immune system. This in turn helps in the defence against pathogens, but also in the regeneration of imbalances, e. g. after antibiotic measures.



Recommended intake of BRAVO Yoghurt

- Adults: 140 ml daily
- Children: daily amount analogous to body weight
- Consume after or together with a high-fibre meal (e. g. stir in ColoSTABIL®). Stir well before drinking /eating.
- Do not add any sugar or artificial sweeteners. Also avoid products that contain them (drinks, food), as the effect of the yoghurt in the intestine is impaired. Artificial sweeteners can inactivate beneficial bacteria and microorganisms.

Prepared BRAVO yoghurt can be stored in the fridge for up to 2 weeks. However, BRAVO yoghurt must not be frozen.

Ingredients

Resistant dextrin (dietary fibre), **colostrum** (cow), active bacterial cultures (lactobacilli, bifidobacteria, lactococci, enterococci), starter cultures (including *Lactobacillus bulgaricus*, *Streptococcus thermophilus*)

Resistant dextrin is a prebiotic dietary fibre and serves as a perfect food source for microorganisms, especially bifidobacteria and lactobacilli. Short-chain fatty acids are produced, especially butyrate, which also has a positive effect on the composition of the intestinal flora and on the functioning of the intestinal mucosa.

Nutritional values **ActiveB@AVO** yoghurt

Per sachet = 28.3 g and per 100 g

	Per 28.3 g	Per 100 g
Energy/ calorific value	68 kcal (284 kJ)	240 kcal (1,005 kJ)
Fat	0.1 g	0.4 g
» thereof saturated fatty acids	0.1 g	0.2 g
Carbohydrate	3.5 g	12 g
» thereof sugar	3.5 g	12 g
Dietary fibre	22 g	79 g
Protein	2.1 g	7.4 g
Salt	0.02 g	0.07 g
Active cultures	1.5×10^{10} CFU	5×10^{10} CFU

CFU: Colony Forming Units



Storage

In the refrigerator. Storage in the freezer increases the shelf life by up to another 12 months. In addition, sealed, protected from light and moisture.

The preparation and fermentation

The preparation of BRAVO yogurt in your kitchen is easy. In addition to the **Active B®AVO** mix of colostrum and yoghurt cultures, you only need 1 liter of milk and usual kitchen utensils.

Cook the milk and mix with **Active B®AVO**. 24–48 hours later you have BRAVO yogurt ready to drink, sufficient for one week. Milk and kitchen accessories are not provided in **Active B®AVO**. For preparation and fermentation of BRAVO yogurt, please notice the preparation instructions.

Necessary ingredients

- 1 liter of milk
- 1 sachet of **Active B®AVO**
- optionally 5 ml olive oil as a function booster

Preference should be given to whole cow's milk with 3.8% fat content, preferably of organic quality. This has the highest protein and nutrient content. Pasteurised, homogenised and non-homogenised milk can be used. Raw milk is preferable because it is boiled anyway. Any milk from mammals (cow, goat, sheep) is suitable. Depending on the origin and type of milk, the consistency of the finished yoghurt may vary.

Easy Preparation



Bring 1 l milk to the boil and cool to 40°C.
(Milk and kitchen utensils are not included in the pack.)



Now mix in one sachet of Active B®AVO.



Place the yoghurt in a warm place for 24 – 48 hours.



After fermentation, enjoy your ready-to-drink yoghurt for a week.



Allergen information

In case of cow's milk allergy: Any milk derived from mammals (e.g. also goat and sheep) is suitable for the preparation of BRAVO yoghurt. People with milk allergies, especially cow's milk allergies, should choose a type of milk that they can tolerate.

For lactose intolerance: In the course of a complete fermentation of BRAVO yoghurt, large parts of the lactose are metabolised and transformed by the microorganisms. BRAVO yoghurt is almost lactose free after fermentation by the lactic acid bacteria. For hypersensitive lactose allergy sufferers, sensitivity can be avoided if they reduce the daily intake of yoghurt as much as necessary.

In case of casein intolerance: During milk preparation, the casein-containing skin that forms on the surface of the milk is skimmed off, so that most of the casein is also removed and only small residual amounts remain. For hypersensitive casein allergy sufferers, the same applies as for lactose intolerance.

Active B®AVO fermentation powder is free from colourings, preservatives, flavourings, monosaccharides, soya, gluten, wheat, rice, egg or nuts.

Contents of Active B®AVO for the preparation of 13 liters of BRAVO yoghurt.

- **Pack for 3 months:** 13 sachets of colostrum-yoghurt culture mix (28.3 g) / total 368 g
- Instructions for preparing BRAVO yoghurt

Active B®AVO yoghurt can be obtained from:



Legal note: This product is for nutrition and therefore does not affect any Drug Act of any country. A good nutritional status can help the organism prevent or to overcome diseases. All statements describe characteristics and physiological effects, which can be different for consumers, and do not constitute a healing or health promise.

»Made in Germany« for dr reinwald vital ltd
Lord Byron Str. 61 – 63, 5th floor
CY-6023 Larnaka, Cyprus

Fon +49 30 2016 95 805
Mail shop@drreinwald.com
Web www.drreinwald.com

