



## BLUEBERRY LEMON



### Nutrition Facts

1 serving per container	
<b>Serving size</b>	<b>5.3 oz (150g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>160</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 50mg	<b>2%</b>
<b>Total Carbohydrate</b> 9g	<b>3%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 7g	
Includes 5g Added Sugars	<b>10%</b>
<b>Protein</b> 16g	<b>32%</b>
Vitamin D 0mcg	0%
Calcium 170mg	15%
Iron 0mg	0%
Potassium 130mg	2%

\*The % Daily Value (DV) 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:** Organic Skyr Yogurt (Pasteurized Organic Whole Milk, Live Active Cultures), Organic Blueberry Lemon Puree (Organic Blueberries, Organic Cane Sugar, Organic Lemon Juice, Organic Blueberry Flavor, Pectin, Organic Carob Bean Gum, Organic Fruit Juice Concentrate (For Color)), Lactase Enzyme. **LIVE ACTIVE CULTURES:** *L. Bulgaricus*, *S. Thermophilus*, *Bifidobacterium*.  
**Contains: Whole Milk GRADE A**

## MEADOW BERRY



### Nutrition Facts

1 serving per container	
<b>Serving size</b>	<b>5.3 oz (150g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>160</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 50mg	<b>2%</b>
<b>Total Carbohydrate</b> 10g	<b>4%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 9g	
Includes 7g Added Sugars	<b>14%</b>
<b>Protein</b> 16g	<b>32%</b>
Vitamin D 0mcg	0%
Calcium 170mg	15%
Iron 0mg	0%
Potassium 120mg	2%

\*The % Daily Value (DV) 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:** Organic Skyr Yogurt (Pasteurized Organic Whole Milk, Live Active Cultures), Organic Meadow Berry Puree (Organic Cane Sugar, Organic Raspberries, Organic Blueberries, Organic Strawberries, Organic Corn Starch, Organic Flavors, Organic Elderberry Juice Concentrate, Organic Guar Gum, Organic Lemon Juice, Sodium Citrate), Lactase Enzyme. **LIVE ACTIVE CULTURES:** *L. Bulgaricus*, *S. Thermophilus*, *Bifidobacterium*.  
**Contains: Whole Milk GRADE A**

## PASSION FRUIT



### Nutrition Facts

1 serving per container	
<b>Serving size</b>	<b>5.3 oz (150g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>160</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 50mg	<b>2%</b>
<b>Total Carbohydrate</b> 9g	<b>3%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 8g	
Includes 6g Added Sugars	<b>12%</b>
<b>Protein</b> 16g	<b>32%</b>
Vitamin D 0mcg	0%
Calcium 170mg	15%
Iron 0mg	0%
Potassium 120mg	2%

\*The % Daily Value (DV) 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:** Organic Skyr Yogurt (Pasteurized Organic Whole Milk, Live Active Cultures), Organic Passion Fruit Puree (Organic Cane Sugar, Organic Passionfruit Juice, Pectin, Organic Guar Gum), Lactase Enzyme. **LIVE ACTIVE CULTURES:** *L. Bulgaricus*, *S. Thermophilus*, *Bifidobacterium*.  
**Contains: Whole Milk GRADE A**

## SAVANNAH'S PEACH



### Nutrition Facts

1 serving per container	
<b>Serving size</b>	<b>5.3 oz (150g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>160</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 50mg	<b>2%</b>
<b>Total Carbohydrate</b> 10g	<b>4%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 9g	
Includes 7g Added Sugars	<b>14%</b>
<b>Protein</b> 16g	<b>32%</b>
Vitamin D 0mcg	0%
Calcium 170mg	15%
Iron 0mg	0%
Potassium 130mg	2%

\*The % Daily Value (DV) 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:** Organic Skyr Yogurt (Pasteurized Organic Whole Milk, Live Active Cultures), Organic Peach Puree (Organic Cane Sugar, Organic Peaches, Organic Peach Flavor, Pectin, Organic Guar Gum, Organic Lemon Juice, Sodium Citrate), Lactase Enzyme. **LIVE ACTIVE CULTURES:** *L. Bulgaricus*, *S. Thermophilus*, *Bifidobacterium*.  
**Contains: Whole Milk GRADE A**

## STRAWBERRY FIELDS



### Nutrition Facts

1 serving per container	
<b>Serving size</b>	<b>5.3 oz (150g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>150</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 50mg	<b>2%</b>
<b>Total Carbohydrate</b> 9g	<b>3%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 7g	
Includes 5g Added Sugars	<b>10%</b>
<b>Protein</b> 16g	<b>32%</b>
Vitamin D 0mcg	0%
Calcium 170mg	15%
Iron 0.1mg	0%
Potassium 130mg	2%

\*The % Daily Value (DV) 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:** Organic Skyr Yogurt (Pasteurized Organic Whole Milk, Live Active Cultures), Organic Strawberry Puree (Organic Strawberries, Organic Cane Sugar, Organic Strawberry Flavor, Organic Lemon Juice, Organic Carob Bean Gum, Pectin, Organic Fruit And Vegetable Concentrate (For Color)), Lactase Enzyme. **LIVE ACTIVE CULTURES:** *L. Bulgaricus*, *S. Thermophilus*, *Bifidobacterium*.  
**Contains: Whole Milk GRADE A**

## PLAIN



### Nutrition Facts

1 serving per container	
<b>Serving size</b>	<b>5.3 oz (150g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>140</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 60mg	<b>3%</b>
<b>Total Carbohydrate</b> 3g	<b>1%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 18g	<b>36%</b>
Vitamin D 0mcg	0%
Calcium 190mg	15%
Iron 0mg	0%
Potassium 140mg	2%

\*The % Daily Value (DV) 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:** Organic Skyr Yogurt (Pasteurized Organic Whole Milk, Live Active Cultures, Lactase Enzyme). **LIVE ACTIVE CULTURES:** *L. Bulgaricus*, *S. Thermophilus*, *Bifidobacterium*.  
**Contains: Whole Milk GRADE A**

## VANILLA BEAN



### Nutrition Facts

1 serving per container	
<b>Serving size</b>	<b>5.3 oz (150g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>160</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 50mg	<b>2%</b>
<b>Total Carbohydrate</b> 10g	<b>4%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 9g	
Includes 7g Added Sugars	<b>14%</b>
<b>Protein</b> 16g	<b>32%</b>
Vitamin D 0mcg	0%
Calcium 170mg	15%
Iron 0mg	0%
Potassium 120mg	2%

\*The % Daily Value (DV) 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:** Organic Skyr Yogurt (Pasteurized Organic Whole Milk, Live Active Cultures), Organic Vanilla Puree (Organic Cane Sugar, Organic Corn Starch, Organic Vanilla Extract, Organic Lemon Juice, Organic Guar Gum, Organic Vanilla Bean Specks, Sodium Citrate), Lactase Enzyme. **LIVE ACTIVE CULTURES:** *L. Bulgaricus*, *S. Thermophilus*, *Bifidobacterium*.  
**Contains: Whole Milk GRADE A**

# PLAIN



## Nutrition Facts

4 servings  
**Serving size**  
**3/4 Cup (170g)**  
**Calories**  
**per serving**    **160**

Amount/serving	% Daily Value	Amount/serving	% Daily Value
<b>Total Fat</b> 10g	<b>13%</b>	<b>Total Carb.</b> 3g	<b>1%</b>
Sat. Fat 7g	<b>35%</b>	Fiber 2g	<b>7%</b>
Trans Fat 0g		Total Sugars 2g	
<b>Cholest.</b> 35mg	<b>12%</b>	Incl. 0g Added Sugars	<b>0%</b>
<b>Sodium</b> 65mg	<b>3%</b>	<b>Protein</b> 21g	<b>42%</b>
Vitamin D 0mcg 0% • Calcium 210mg 15% • Iron 0mg 0% Potassium 160mg 4%			

**INGREDIENTS:** Organic Skyr Yogurt (Pasteurized Organic Whole Milk, Live Active Cultures, Lactase Enzyme).  
**LIVE ACTIVE CULTURES:** *L. Bulgaricus*, *S. Thermophilus*, *Bifidobacterium*. **Contains: Whole Milk GRADE A**

# VANILLA BEAN



## Nutrition Facts

4 servings  
**Serving size**  
**3/4 cup (170g)**  
**Calories**  
**per serving**    **180**

Amount/serving	% Daily Value	Amount/serving	% Daily Value
<b>Total Fat</b> 9g	<b>12%</b>	<b>Total Carb.</b> 12g	<b>4%</b>
Sat. Fat 6g	<b>30%</b>	Fiber 2g	<b>7%</b>
Trans Fat 0g		Total Sugars 10g	
<b>Cholest.</b> 30mg	<b>10%</b>	Incl. 8g Added Sugars	<b>16%</b>
<b>Sodium</b> 60mg	<b>3%</b>	<b>Protein</b> 18g	<b>36%</b>
Vitamin D 0mcg 0% • Calcium 190mg 15% • Iron 0mg 0% Potassium 140mg 2%			

**INGREDIENTS:** Organic Skyr Yogurt (Pasteurized Organic Whole Milk, Live Active Cultures), Organic Vanilla Puree (Organic Cane Sugar, Organic Corn Starch, Organic Lemon Juice, Organic Guar Gum, Organic Vanilla Bean Specks, Sodium Citrate), Lactase Enzyme. **LIVE ACTIVE CULTURES:** *L. Bulgaricus*, *S. Thermophilus*, *Bifidobacterium*. **Contains: Whole Milk GRADE A**

# ALL ABOUT LACTOSE-FREE

## IT HAS BILLIONS OF PROBIOTICS

Rich in live and active cultures to support gut health, digestion, and overall microbiome diversity.

## IT'S LACTOSE-FREE, REAL DAIRY

We craft our yogurt so that even those with lactose intolerance can enjoy it.

## IT'S PACKED WITH PROTEIN (UP TO 21g)

We never add protein powder, leaving it velvety smooth.

## WE USE ORGANIC REGENERATIVE MILK

We use organic milk from our family farm (and others like it) straight from the pasture to your spoon – made with milk from our farm and other farms like it in the area, supporting American farmers in every cup.



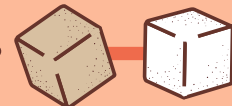
**WOMEN OWNED**

## Did you know?

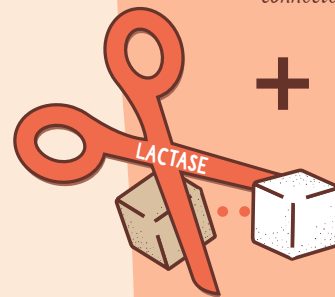
65% OF PEOPLE HAVE TROUBLE DIGESTING LACTOSE

## LACTOSE

LACTOSE = Natural Sugar in MILK



MADE OF TWO connected SIMPLE SUGARS



+

We add ORGANIC LACTASE ENZYME, to our organic milk

=

The ORGANIC LACTASE ENZYME breaks down the lactose into two DIGESTIBLE SIMPLE SUGARS



GLUCOSE

GALACTOSE

THE RESULT: EASY TO DIGEST!