

DR. MERCOLA®
PREMIUM NUTRITION



YOGURT STARTER

for Yogurt Fermentation



10 PACKETS • NET WT. 0.5 OZ. (15 g)

Nutrition Facts

Serving Size: 1 Packet 0.05 OZ. (1.5 g)
Servings Per Container: 10

Amount Per Serving
Calories 5

	%DV*
Total Fat 0 g	0%
Sodium 0 mg	0%
Total Carbohydrate 1 g	<1%
Protein 0 g	

Not a significant source of calories from fat, saturated fat, *trans* fat, cholesterol, dietary fiber, sugars, vitamin A, vitamin C, calcium, and iron.

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: MALTODEXTRIN (FROM POTATO), CULTURE STARTER (*STREPTOCOCCUS THERMOPHILUS*, *LACTOBACILLUS DELBRUECKII* SUBSP. *BULGARICUS*, *LACTOBACILLUS DELBRUECKII* SUBSP. *LACTIS*, LACTOSE, *LACTOBACILLUS ACIDOPHILUS* (DDS@-1), *BIFIDOBACTERIUM LACTIS*), SILICON DIOXIDE.

CONTAINS MILK.

DISTRIBUTED BY: NHP
125 SW 3rd Place
Cape Coral, FL 33991 USA
(877) 985-2696

DDS@-1 is a Registered Trademark of UAS Laboratories, LLC.



- Each convenient packet provides you with the perfect amount of Culture Starter to ferment 1.5 quarts of your own yogurt
- Contains a blend of 5 probiotic strains, formulated to create a delicious and nutritious yogurt

INSTRUCTIONS FOR YOGURT FERMENTATION

PREPARE YOGURT CULTURE • Add 1.5 quarts of milk to a pot and heat to 185° F for 30 minutes using a double boiler or water bath (stir frequently). Cool milk to 110° F (stir occasionally). Once cooled, add one packet of Kinetic Culture Yogurt Starter to pot (stir well). Pour mixture into glass jars provided with the Kinetic Culture Yogurt Maker.

PREPARE YOGURT MAKER • Place uncovered jars into your yogurt maker and cover unit with clear lid. Set temperature to 110° F and set timer. Yogurt will culture within 6-8 hours.

COVER JARS AND REFRIGERATE • Remove jars from unit, cover with lids and cool in the refrigerator overnight or at least 6 hours. Open jars and stir yogurt to make a smooth consistency.

STORE AND ENJOY • Yogurt may now be eaten or stored for up to two weeks in the refrigerator.

For more detailed instructions, visit kinetic-culture.com

KEEP PACKETS OUT OF REACH OF CHILDREN. DO NOT USE IF PACKET IS TORN OR DAMAGED.

THIS STARTER CULTURE IS DESIGNED FOR YOGURT FERMENTATION AND NOT FOR DIRECT CONSUMPTION.

PACKETS ARE STABLE FOR UP TO 18 MONTHS WHEN STORED IN A COOL, DRY PLACE. Refrigeration recommended.

"I am passionate about formulating my products using a holistic approach for optimal health and wellness."

-Dr. Joseph Mercola



• Premium Products –

Compare my ingredients to other leading brands. You'll see the pride taken in producing simple, high quality products you can trust.

• **My Mission** – Partner with leading charities committed to protect your right to achieve optimal health.

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