KEFIR AND ANTIBIOTICS
Antibiotics can cause alterations in the populations of beneficial bacteria and come with a host of potential side effects, including diarrhoea, stomach upsets and thrush.

Recommended dose: Drink a bottle of kefir daily whilst taking antibiotics, to assist with side effects.

KEFIR FOR ADULTS
Kefir can boost your digestive health, strengthen the immune system, balance moods, lose weight and improve your metabolism.

Recommended dose: Start your day with at least 150ml of Mount Olympus kefir, for at least 30 days.

KEFIR FOR KIDS
Give toddlers and children a daily dose of kefir to boost immunity, aid digestive health and brain development. Babies can be introduced to a teaspoon of kefir after weaning and the dose gradually increased as required. Kefir included at meal times has an added benefit by increasing iron absorption. Older children and teenagers benefit from having more kefir, so, dependent on their tolerance, a daily 300ml bottle can be introduced.

KEFIR FOR THE ELDERLY
Use kefir to improve cognition and memory; it may also fight off colds and assist overall wellbeing.

Recommended dose: At least 150ml of our traditionally fermented kefir daily (ideally first thing, on an empty stomach).

DIGESTIVE REBOOT PLAN
Drink kefir to boost your digestive health. Make time to de-stress; remove problem foods, eat colourful vegetables and fruits, and stock up on nutrients.

Recommended dose: Start your day with at least 150ml (half a bottle) of kefir for 30 days or more.

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THE HEALTH BENEFITS OF KEFIR

KEFIR AND THE IMMUNE SYSTEM
Boost immunity with kefir. Eat a diet rich in vegetables and fruits.
*Recommended dose:* Start your day with at least (half a bottle) of kefir for 30 days or more.

KEFIR FOR FEMALE HEALTH
Consume kefir during pregnancy to boost beneficial gut bacteria, and prevent UTIs and thrush.
*Recommended dose:* Start the day with at least 150ml (half a bottle) of Mount Olympus.

KEFIR FOR VEGANS
Kefir can boost your digestive health, help you to obtain more B vitamins and strengthen the immune system.
*Recommended dose:* Start the day with half a bottle of our vegan-friendly water kefir. Daily Immune System Boost: Consume water kefir every day for at least 30 days. After antibiotics: Have a daily dose of kefir for at least two to three months following a course of antibiotics.

KEFIR FOR PETS
Like humans, cats and dogs have a distinct microbiome of mainly beneficial bacteria in their gut, helping to maintain a healthy digestive system, reduce instances of allergies and keep bad bugs out.
*Recommended dose:* Dogs: Give a tablespoon of our plain goat or cow kefir to smaller dogs and three tablespoons to larger dogs, daily. 
Cats: Add a tablespoon of the plain Mount Olympus goat or cow kefir to Greek Live Probiotic Drinks

For more detailed information, visit: www.MountOlympusPureFoods.com or email us: kefir@MountOlympusPureFoods.com

Disclaimer: This content is not intended to diagnose or treat diseases. It is for informational, educational, and self-empowerment purposes only. Please consult with your wellness adviser, and then decide what is best for your unique genetics, culture, conditions, and stage of life.