



4 functionalities that naturally support your health

- Prebiotic
- Probiotic
- Lactose free
- Fat free

*daily essential  
desserts*

good life tastes nice!

## yogurt desserts yogurt



Apple, Raisin & Cinnamon



Banana, Date & Clove



Peach & Passion fruit



Strained yogurt



## kefir drink



Pineapple, Papaya, & Mango



Banana, Vanilla & Honey



Peach & Passion fruit



Over 51 years, N. Th. Kouroushis Ltd, a dairy family company, manufactures and offers to the Cypriot market; high quality dairy and cheese products based on tradition and use of high quality raw materials, strict manufacturing processes and Quality Control.



Today the company after a long time of research and development is in the position to present the innovative series of health claim products called **BeneVie**.

Taking into account the modern nutritional trends and medical science development and Nutrition, the Department of Research and Development of the company developed the product line **BeneVie**, consisting of three categories of milk products in which in all of them the main ingredient is milk:

- **The plain strained yogurt**
- **The yogurt desserts**
- **The kefir drink\***

*\*Kefir is a fermented milk drink. The word kefir is said to have originated from the Turkish word "Keif" which means "good feeling". Kefir can be made from any type of milk, cow, goat or sheep. Although it is slightly mucous forming, the mucous has a "clean" quality to it that creates ideal conditions in the digestive tract for the colonization of friendly bacteria. Kefir is made from gelatinous white or yellow particles called "grains." This makes kefir unique, as no other milk culture forms grains. Traditional kefir is fermented at ambient temperatures and it takes around 18 hours to mature fully, although in cold climates this may take longer. On the other hand though, standard yogurt drink can ferment within 6 hrs. Fermentation of the lactose yields a sour, carbonated, slightly alcoholic beverage, with a consistency similar to thin yoghurt. Kefir fermented by small-scale dairies early in the 20th century achieved alcohol levels between 1 and 2 percent. Kefir's smell and refreshing flavor is similar to a drinking-style yogurt, but it contains beneficial yeast as well as friendly 'probiotic' bacteria found in yogurt. The naturally occurring bacteria and yeast in kefir combine symbiotically to give superior health benefits when consumed regularly. It is loaded with valuable vitamins and minerals and contains easily digestible complete proteins.*



A woman with long brown hair tied back, wearing a white spaghetti-strap crop top, is holding a glass of white milk. She is looking towards the camera with a slight smile. The background is plain white.

## *daily essential*

*A daily need for  
a better life!*

**BeneVie products contribute beneficially in improving the functionality of the gastro-intestinal and immune systems!**

The products are designed in a way that they can be consumed at any time as breakfast, light meal, dessert or even a snack.

In addition, they are a delicious choice with strange and unprecedented combinations of fruit and spices.

This new series of products has been designed to offer valuable positive effect on the functionality of the gastrointestinal tract as well as to the functionality of the immune system through daily consumption and as a part of a healthy balanced diet and regular exercise.

4

functionalities  
that naturally  
support  
your health

The BeneVie series of products is characterised by 4 functionalities that naturally support our health: It contains prebiotic or fibre, It contains Probiotics, It is a lactose free series, The series is fat free.

## *Prebiotic*

### **Prebiotic or Fiber**

Prebiotic promotes the development and the activity of specific beneficial bacteria, particularly Probiotic. They are not dissolved by human digestive enzymes and passes intact to the colon, where they lower the pH of the colon thus reducing the risk of gastrointestinal diseases.

---

## *Probiotic*

### **Probiotics**

Probiotics are living microorganisms which when administered in adequate amounts confer a health benefit on the host. When consumed regularly and in sufficient amount alter the bacterial balance in the human gut thus promoting a healthy living.

---

## *Lactose free*

### **Lactose-free**

Lactose is the main sugar (carbohydrate) and the only component of milk which causes intestinal disorders, regardless of the quantity of its consumption .The proportion of people suffering from lactose intolerance is very high worldwide.

---

## *Fat free*

### **Fat-free**

The low fat content (less than 0.5g per 100gr of product) helps in the prevention of obesity which has been shown to increase the risk of heart disease, stokes and diabetes.



N.TH. Kouroushis Ltd. Kofinou, Larnaca, 7735, Cyprus  
Tel.: +357 24322336, Fax: +357 24322780, [www.kouroushis.com.cy](http://www.kouroushis.com.cy)