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Lifeway BioKefir Shots – Take a Shot for Your Health!

Mar 1st, 2012 by Momicles

Product Review

Lifeway Foods has come out with a brand new product that will change the way you think about shots! This isn't a shot involving any kind of sharp needle, and it isn't the kind of shot that you did back in your wild college days. This is a shot you can be proud of, *and* excited about. Lifeway's NEW BioKeifir shots are 3.5 ounces of super-powered, probiotic, naturally sweetened, delicious drinkable goodness!

Almost a year ago, I was let in on the secret world of probiotics. I had heard the word come up here and there, but didn't really know what it meant. It wasn't until Atticus had some tummy trouble, that I really looked into the whole probiotic thing. Probiotics are microorganisms thought to be beneficial to the body by balancing out the digestive system. Lifeway's BioKefir shots contain 10 live and active kefir cultures, PLUS Lifeway's exclusive new proboost™ Bifidobacterium lactis HN019 and Lactobacillus acidophilus NCF. These are two powerful probiotic strains clinically proven to support digestive health and enhance immunity. I have to say that today I was feeling a little cold coming on, so I reached for the Pommegranate/Blueberry "Immunity" blend!

Lifeway BioKefir is naturally sweetened with agave nectar. This is another huge plus in the world of healthy bodies. Agave nectar is naturally low on the glycemic index, but works wonderfully as a sweetener!

These shots are available in three distinct targeted health benefits and five flavors:

• BioKefir™ for Immunity – Available in Pomegranate/Blueberry & Kiwi/Passionfruit

• BioKefir™ for Heart Health – Available in Blackberry & Black Cherry

• BioKefir™ for Digestion – Available in Vanilla

You might be wondering what these taste like.

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I think it's time to do some packing. I also think a nap sounds really nice. =) #NeedANap 15 hours ago

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Well, each shot is similar to a smoothie as far as taste goes. There is the creamy fruitiness along with the tang like a yogurt. It's not quite as thick as a smoothie though, and doesn't have the bits and pieces of fruit.

If you're interested in adding more probiotics to your diet, check out Lifeway BioKefir shots. It's a quick and easy way to get a big boost!

Disclosure – A product was provided to me free of charge by the manufacturer or representing PR agency for the writing of this review; however, opinions expressed are my own and are NOT influenced by monetary compensation.

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