



DAIRY
FREE



GLUTEN
FREE



VEGAN

Fermentík®

Naturally support your digestion,
immunity and mental well-being



Live cultures

Pure ingredients

60% vegetables
in every serving



A healthy snack made with vegetables,
gluten-free oats and fruit.



A meaningful recipe

Fermentik contains **60% vegetables, supplemented with fruit**. Together they **provide natural vitamins** and other beneficial nutrients.



Carefully considered ingredients

Carefully selected plant-based ingredients and **live yogurt cultures** form the basis of the Fermentik recipe. The combination of vegetables, fruit and fermentation supports the body's natural balance.



Gut microbiome and digestion

Fermentation is a natural process which helps **improve digestion and balance out the gut microbiome**. The live cultures in Fermentik support natural digestive processes and can contribute to an overall feeling of lightness and vitality.



Pure ingredients, pure taste

This fruit-flavoured vegetable snack has a **simple, additive-free, gluten-free and dairy-free** formula. The taste comes from high-quality vegetables with a subtle fruity accent.



How to include Fermentik in your diet?

- On its own as a light fermented snack
- For breakfast or as a snack
- As a supplement to a balanced diet
- For daily support of your gut health



Fermented foods play a key role in gut health and immunity.

Carrot and Apple

A balanced classic which is tasty for both young and old. Carrots form the base, apples add a fresh fruity accent.

Ingredients: Carrots 60%, water, gluten-free whole grain **OAT** flour, date juice concentrate, apple powder 0.5%, natural flavours, yoghurt culture.

Weight: 150 g

Carton: 9 pcs

Nutritional information	per 100 of product
Energy value	262 kJ/62 kcal
Fat	0.5 g
- of which saturates	0.1 g
Carbohydrate	12 g
- of which sugars	7.5 g
Fibre	2.2 g
Protein	1.3 g
Salt	0.08 g

PN0821700



Beetroot and Blackcurrant

A more pronounced taste with a slightly sour profile. The combination of beetroot and blackcurrant naturally complements fermentation and will appeal to those looking for functional foods.

Ingredients: Beetroot 60%, water, gluten-free whole grain **OAT** flour, date juice concentrate, acerola powder, blackcurrant powder (blackcurrant 50%, maltodextrin) 0.5%, natural flavours, yoghurt culture.

Weight: 150 g

Carton: 9 pcs

Nutritional information	per 100 of product
Energy value	239 kJ/57 kcal
Fat	0.3 g
- of which saturates	0 g
Carbohydrate	11 g
- of which sugars	8.5 g
Fibre	2.1 g
Protein	1.3 g
Salt	0.02 g

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Pumpkin and Mango

A delicate and naturally sweet flavour, ideal for a first introduction to fermentation. Hokkaido pumpkins form the basis of the recipe, mango adds a light fruity note.

Ingredients: Hokkaido pumpkins 60%, water, gluten-free whole grain **OAT** flour, date juice concentrate, mango puree 0.35%, natural flavours, yoghurt culture.

Weight: 150 g

Carton: 9 pcs

Nutritional information per 100 of product

Energy value	242 kJ/57 kcal
Fat	0.4 g
- of which saturates	0.1 g
Carbohydrate	11 g
- of which sugars	6.8 g
Fibre	1.9 g
Protein	1.1 g
Salt	0.03 g

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Packaged in boxes

We deliver Fermentik either in a **single-flavour box** (9 pcs of one flavour) or in a **mixed-flavour box** (3 pcs of each flavour).



Storage and shelf life:

Fermentik is a refrigerated product.
Store at 4 – 8 °C.
Shelf life is 40 days.

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