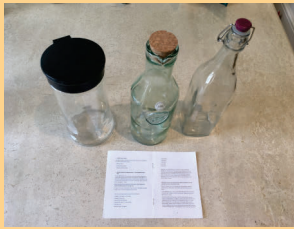


Bravo Easy To Make



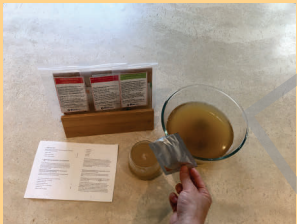
Ingredients & Equipment



Utensils & Storage



Make Juice



Add Cultures



Serving Suggestions

Presence of eukaryotic microbes and glycosaminoglycans also prebiotic in nature

Designed to promote the health of human microbiome

The presence of gastro-resistant probiotics, intended to colonise the gut

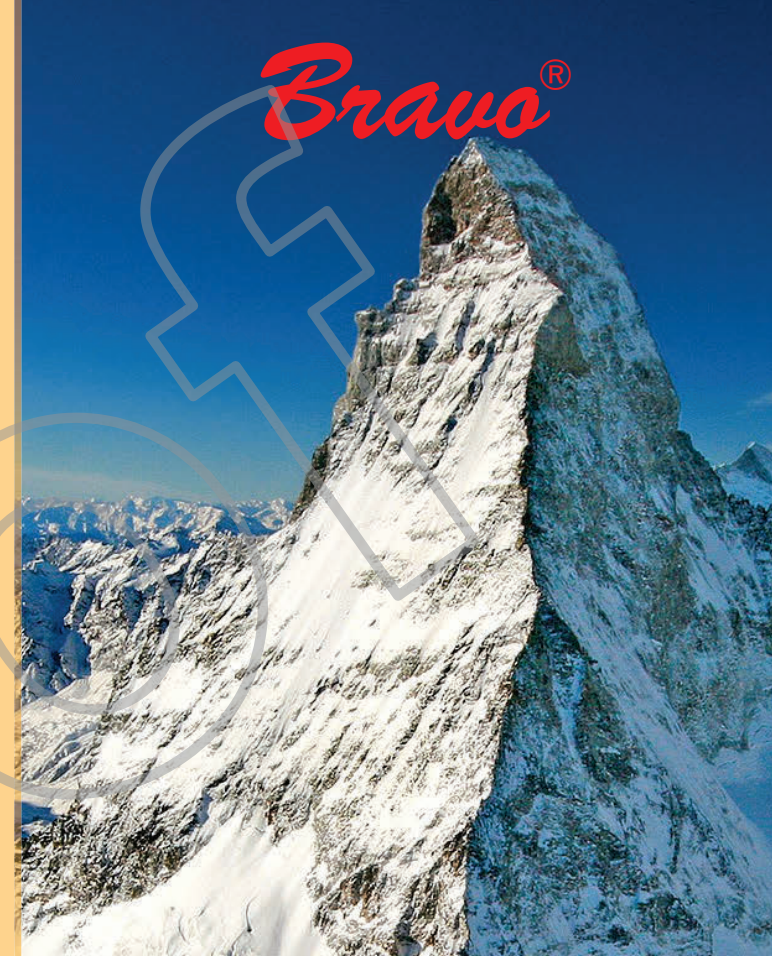
Cultures able to pass undamaged through the stomach barrier

Unique systems of delivery including direct into the lymphatic system



 **MADE IN SWITZERLAND**

Disclaimer: Bravo is not intended to diagnose, treat, cure or prevent any disease.



Bravo Easy Kit for Fermented Juice

Contains the known healthy properties of Bravo probiotic with the properties of Chondroitin Sulphate



www.bravoprobiotic.co.uk

DESCRIPTION OF THE KIT

EACH Bravo Easy Kit for Fruit Juice contains the 3 x sachets of powder for the preparation of 1 litre of fermented product.

Each Kit contains:

Orange Culture Starter (blend of active cultures – cultured kefir grains and Bifidobacteri – infantis, bifidum, lactis, longum).

Green Sachet - Probiotic Complex (blend of maltodextrin and microbial cultures: Lactobacillus salivarius, Lactobacillus acidophilus, Lactobacillus paracasei, Lactobacillus rhamnosus, Lactococcus lactis, Bifidobacterium lactis, Bifidobacterium infantis, Bifidobacterium bifidum).

Red (tall sachet) Chondroitin Sulfate

NUTRITIONAL INFORMATION

100 ml (3.3 liquid oz.) of the fermented home-made juice prepared according to the suggested recipe contains about 100 Kcal.

Bravo Easy Kit for Fruit Juice is milk-free, soy- and gluten-free, and does not contain Genetically Modified Organisms (GMO).

Please note: the product is manufactured in a facility where milk and milk derivatives are used. All procedures to minimize the risk of cross contamination with milk are followed.

Kitchen Tools Supply List (not included)

- 1 large glass bowl (about 1.5 – 2 litres capacity)
- 1 x small glass or cup
- 1 x glass jug (at least 1 litre capacity)
- 1 x steel tablespoon
- 1 x steel teaspoon
- 1 x metal strainer
- 1 x Roll kitchen paper
- 1 x Roll aluminium foil

Storage

Store the unused powders in the refrigerator, far from humidity.

Store the finished product in the refrigerator, where it will remain good for 10 days after preparation.

Do NOT freeze Bravo as this will kill the beneficial bacteria.

Hygiene

Keep all preparation utensils very clean so as not to contaminate the Bravo with other food or microorganisms that may interfere with the fermentation process. Use paper towels for drying and immediately discard them.

Homemade Juice

The recipe described below, when used with Non Dairy Bravo, produces no alcohol, a pH of 3.95, and a probiotic microbe count of near to one hundred billion (100 x 10⁹) per litre.

1 Litre (US Quart) of non - chlorinated water (for example mineral still water).

1 organic dried prune with no kernel (dried fig or apricot may be used instead).

1 tablespoon of lemon juice.

1 tablespoon of cane or refined sugar.



Suggestions for Use

Consume up to 100ml (3.3 liquid oz.) per day.
Use as a Probiotic Drink.

Do not exceed the suggested serving size. Keep the product out of reach of children.

Not intended for use by those with serious medical conditions, pregnant or lactating women. Always consult a Physician before adding supplements to your diet.

Disclaimer. Bravo is not intended to diagnose, treat, cure or prevent any disease.

Instructions to make once batch of *Bravo* Probiotic Juice

Step 1

For food hygiene purposes, wash hands and dry hands, secure loose hair and cover clothing with a clean apron or coat. Ensure all work surfaces and utensils are clean and dry.

Step 2

Put 1 Litre of homemade juice (or apple juice or orange juice, etc.) into a large glass bowl.

Step 3

Mix in the contents of sachet BRAVO STARTER. To avoid clumping, briskly whisk until powder has dissolved.

Add sachet of BRAVO POWDER COMPLEX and sachet of BRAVO CHONDROITIN SULFATE. Whisk if required, small lumps will dissolve during the fermentation process.

Step 4

Cover the bowl loosely with kitchen paper or aluminium foil, leave to ferment for 24 hours at room temperature, (16 - 26°C or 60 - 78°F).

Do NOT mix or stir during the fermentation.

Step 5

After 24 hours, mix the contents of the bowl well and pour through a stainless steel strainer, (to remove traces of fruit), into a glass jug. Then loosely cover with aluminium foil, and refrigerate.

Step 6

The final product, has a shelf live of 10 days when stored in the refrigerator.

The presence of opaqueness and sediment in the product, is an indicator of a successful fermentation process.

Favorite recipe

8 X FRESHLY SQUEEZED ORGANIC APPLES

2 X FRESHLY SQUEEZED ORGANIC MANGOS

ORGANIC LEMON JUICE TO TASTE!