

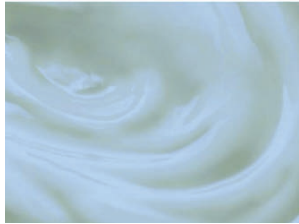
## Bravo Easy To Make



Bravo Easy Kit



Boil Milk



Milky Swirl



Remove Skin



Add cultures



Fermentation



Stir Mixture



BPA-free Pots



Serving Suggestions



42 Strains of beneficial bacteria and yeast strains present in the gut of a newborn baby

Designed to promote the health of human microbiome

Contains naturally occurring GcMAF from the fermentation of milk and colostrum

Rich in immune stimulating proteins, bio-active molecules, vitamins and minerals

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®



## Bravo Easy Kit for Fermented Milk

Our human microbiome thrives on diversity and the 42 strains of beneficial bacteria in Bravo yogurt are also present in the gut of a new born fed only with the colostrum from mother's first milk.



[www.bravoprobiotic.co.uk](http://www.bravoprobiotic.co.uk)

## INGREDIENTS

Each Bravo Easy kit contains powders to prepare 1 litre of product:

One bottle of Powder Mix contains:

5.7g of whole organic cow colostrum (first milk) and 0.5g of a blend of microbial cultures (Lactobacillus Salivarius, Lactobacillus Acidophilus, Lactobacillus Paracasei, Lactobacillus Rhamnosus, Lactococcus Lactis, Bifidobacteri). Total cell number: 80 billion.

One bag of Starter contains:

Net weight: 5g of active cultures (Lactobacillus Acidophilus, Lactobacillus Bulgaricus, Streptococcus Thermophilus, Lactococcus Lactis, Leuconostoc, Kluyveromyces, Saccharomyces, Acetobacter, and Bifidobacteri).

## STORAGE (dried powders)

Powders are heat stable and can be shipped without refrigeration.

To extend the shelf life of the powders and to preserve their integrity and efficacy we recommend storing in the fridge (about 5°C), away from humidity, in original packaging.

## NUTRITIONAL FACTS

For each Bravo Easy Kit batch (1 bottle 1 bag):

4 Kcal

0.28 g Proteins

0.28 g Fats

0.22 g Carbohydrates 0.09 g Fibres

2.89 mg Salt

Bravo Easy Kit DOES NOT contain: Artificial colours, flavours, preservatives, sugar, gluten, soy, wheat, egg, rice, starch, hormones, and antibiotics.

To make Bravo, you will need to provide the milk and the following common kitchen tools and utensils.

## KITCHEN TOOLS SUPPLY LIST (not included in the kit)

- 1) Pot for boiling milk
- 2) Glass bowl
- 3) Medium-mesh stainless steel strainer
- 4) Plastic or steel (not wood) long-handled cooking spoon for stirring milk
- 5) One regular stainless spoon and one long teaspoon
- 6) Serving containers with lids (preferably glass or BPA-free pots)
- 7) Lightweight aluminium foil
- 8) Paper towels

## SUGGESTIONS FOR BRAVO CONSUMPTION

1. Build up to the recommended daily dose slowly to avoid a Herxheimer reaction. Start with a 10 ml spoonful before bedtime and then repeat in the morning and build up to the full dosage over a couple of days.
2. Use a maximum of one 4-oz (125 ml) serving daily at the end of a meal rich in vegetables or leafy greens (fibre), OR split the daily dosage into 6 x 20 ml spoonfuls throughout the day. Keep in the mouth for as long as possible before swallowing to allow absorption sublingually and via the tonsillar ring.
3. Shake well before consuming.
4. Flavour, if desired, with raw, organic, high-grade honey or fruit.
5. While drinking Bravo, do not consume sugar substitutes or artificial sweeteners (such as in beverages, foods, and chewing gum) these substances deteriorate the product's properties. Do not brush teeth or have a drink for at least 1 hour after consumption to allow maximum absorption.



## INSTRUCTIONS STEP BY STEP

The powders provided with the kit contain both the cultures and colostrum necessary to prepare a 1 litre batch of Bravo.

You will need to supply 1 litre of full-fat high-quality mammal MILK. This is essential to produce naturally occurring GcMAF from the fermentation of milk and colostrum. Recommended sources of milk include: A2 casein milk from Jersey cows (gold top), or sheep, goat, camel etc.

## QUALITY OF THE MILK

Homogenized or non-homogenized milk can be used. Raw milk can be used and must be heated prior to adding cultures.

## Instructions to make *Bravo*

### Step 1

For food hygiene and safety, wash hands and dry hands before the preparation, and cover or tie back hair, protective clothing may be worn as required. Ensure all work surfaces and utensils are clean and dry.

### Step 2

Raise the temperature of 1 litre of milk in the pan, stirring continuously to prevent sticking or burning until it reaches the boiling point. When the milk starts to rise to the top of the pan, immediately remove from the heat. Do not over heat or leave the pan unattended.

### Step 3

Leave the milk to cool to room temperature (68-86°F) or (20-30°C). Without stirring. During cooling a thick layer may develop (denatured casein) which can be removed. Once cooled transfer the milk into a clean glass bowl.

### Step 4

To add the powder, gently add 1 bottle of powder mix and 1 bag of starter mix and stir thoroughly with a tablespoon until dissolved. You may remove a small amount of milk, dissolve the powders and then add it to the remaining milk.

### Step 5

Loosely cover the bowl with foil allowing air to pass over fermenting milk. Set the bowl aside in a draft free location and leave undisturbed where the temperature will remain (68-86°F) or (20-30°C). Do not mix or move during the fermentation process. Allow to rest at room temperature for a maximum of 48 hours. Do not use a yogurt maker.

Please note final texture is not an indication of fermentation which varies depending on milk source and temperature. Mix can stay at room temperature for up to 48 hours). Do not stir the yogurt during fermentation as this may stop the process.

### Step 6

Once Bravo has completed fermentation, mix well with a spoon. The mix can be strained to provide an even texture. Transfer the final product into individual single serving glass jars or BPA-free pots.

## HOW TO STORE (after the preparation)

Refrigerate for 2 hours before consuming.

Bravo can be stored in the fridge for a maximum of 2 weeks after the preparation. Bravo may NOT be frozen.