



KePro

Harmonizing Gut Bacteria & Digestion

A Multi-Functional Food

Commonly Asked Questions



Commonly asked questions about KePro

Why isn't it labeled organic?

One of our small local dairies is certified organic, the other one is under the organic dairy and under organic practices but at this time can't afford the organic certification. KePro is a licensed

dairy plant and follows FDA and GA state rules and guidelines and has third party testing for pathogens and CFU counts.

**** CFU is "colony forming units."** This means the living bacteria can reproduce. Each gram of KePro contains 33 BIL CFU's

Why are the bacteria stains not listed?

The FDA does not allow it. Only commercially bought probiotics can be listed & only in the amounts added to the product. KePro is all natural.

What probiotic bacteria is found in Kefir?

BACTERIA STRAINS COMMON TO CULTURED MILK

Lactobacillus acidophilus

Lactobacillus brevis

Lactobacillus casei

Lactobacillus delbrueckii subsp. bulgaricus

Lactobacillus delbrueckii subsp. delbrueckii

Lactobacillus delbrueckii subsp. lactis

Lactobacillus helveticus

Lactobacillus kefiranofaciens subsp. *kefiranofaciens*

Lactobacillus kefir

Lactobacillus paracasei subsp. *paracasei*

Lactobacillus plantarum

Lactobacillus rhamnosus

Lactobacillus sake

Lactococcus lactis subsp. *cremoris*

Lactococcus lactis subsp. *lactis*

Lactococcus lactis

Leuconostoc mesenteroides subsp. *cremoris*

Leuconostoc mesenteroides subsp. *dextranicum*

Leuconostoc mesenteroides subsp. *mesenteroides*

Pseudomonas

Pseudomonas fluorescens

Pseudomonas putida

Streptococcus thermophilus

COMMON YEAST STRAINS

Candida humilis

Kazachstania unispora

Kazachstania exigua

Kluyveromyces siamensis

Kluyveromyces lactis

Kluyveromyces marxianus

Saccharomyces cerevisiae

Saccharomyces martiniae

Saccharomyces unisporus

Please note: This list is for general informational purposes only. We cannot test individual batches for yeast and bacteria content; therefore, we cannot make any guarantees as to the exact probiotic makeup as it is natural forming.

What is KePro? What can it do for me?

It is a whole fermented food with organic coconut that works in the body to supply needed symbiotic natural bacteria that re-establishes proper gut flora to help break down food. This process helps the body pull nutrients from the food into the body with enzymes, real fiber to bulk up the stool, healthy oil & fat the body needs for omega 3 & 6's. The electrolyte's move water through the body and pull water into the colon to help stop constipation and in some cases diarrhea; harmonizing gut bacteria & digestion with natural vitamins and minerals. There isn't one single food on the market that can do all of this as KePro is a multi-functional food.

Why is KePro cold shipped if it is freeze dried?

All freeze dried bacteria must stay at a cool temperature and moisture free to remain alive. Probiotic pills are chemically coated to keep out moisture. Heat is still a killer to most natural probiotic bacteria. KePro has no chemicals. Cold temperature ensures you are getting all the probiotics and nutrition in KePro at the maximum potential.

How long does a bag last?

We recommend starting out at ¼ scoop, this will last you about two months, as most people are not use to a living functional food in their body. This small amount will help to repopulate + re-establish the good bacteria, without causing any bloating, gas, or discomfort. Once your body is use to that level work up to one scoop at least 3 to 4 times a week.

**** Amount will vary person to person.**

Why do I need to keep taking it?

Bad vs good bacteria is an ongoing battle, most of the foods we eat contain chemicals to protect us from pathogens in our food and to increase shelf life. These chemicals cannot distinguish between good and bad bacteria. Once you ingest these chemicals, it disrupts the balance of good and bad bacteria in your body. Maintenance is very important in building up and keeping your immune system healthy.

How long does it take to re-establish good bacteria in the body?

It can take months, as we are constantly doing things that disrupt our natural gut flora such as consuming too many antibiotics and also the foods we eat. Habits like processed food and alcohol, can lower our good bacteria every day. If you have an imbalance of good / bad bacteria to start with, it can take longer. Good habits in conjunction with KePro can help you build up your immune system over time for a healthier you. You are your habits.

How is KePro better than probiotic pills?

KePro starts to work as soon as you drink it, protecting your mouth (fighting gum disease, tooth decay, in general keeping your mouth healthy) from harmful bacteria. KePro's bacteria survives in the body including stomach and digestive tract.

What if I am lactose intolerant?

KePro's bacteria breaks down the lactose naturally in the fermentation process. KePro is naturally low in lactose.

Milk proteins hurt my stomach or cause inflammation, will KePro?

The fermentation process breaks down the proteins into peptides. The stomach pain and inflammation is caused by the bodies inability to break these proteins down due to lack of enzymes.

Does KePro contain yeast and mold?

Yes, good yeast that fight off bad yeast. Candida is a problem for many women from rashes, food allergies and female problems. Not all molds are bad, these molds are found naturally in fermented foods. If you had a mold allergy, we recommend getting professional help before starting KePro.

Why is KePro sold through professionals?

KePro is a tool that can be used to help stop many different things and only professionally trained experts know how to use it to help people with real problems.

Do I have to use a professional to get KePro?

No, you can do it on your own. Professionals help with problems and can best instruct and assist you more in-depth. People taking KePro for a maintenance program can do it on their own. Start low and slowly build up.

Can KePro cause running noses?

Yes, KePro can cause running noses and can make you feel like you have a cold. This is because of what is called "die off" of bad bacteria in the body, which releases toxins as it dies. Starting KePro at very low levels will help keep this to a minimum.

Can KePro help build up my immune system?

KePro has a natural bacteria consortium, that work in a symbiotic relationship, like a well-organized army. "Nature knows best" is a true statement as these bacteria are the most studied and well documented of all probiotic bacteria with the most benefits to the human body.

I don't like the taste of Kefir, does KePro taste like kefir?

KePro is designed to be used as a smoothie base. You can add fruit and vegetables, creating your perfect smoothie to your liking. It can be thick or thin, your choice of liquid. Most people find KePro to have a very clean and light yogurt like flavor, without the chemicals or added sugar.

Can someone with diabetes use KePro?

Yes as KePro is low in lactose and sugar. Please consult with your primary doctor.

Can I add other things to a KePro smoothie?

We do not suggest adding protein powders or dietary supplements to your smoothie. We have found that adding any product that contains chemicals /gut disrupters will give your KePro smoothie an off taste as KePro has no chemical in it. We also do recommend not adding kale or spinach as they contain chelates that block the absorption of calcium. Note: KePro is a multi-functional food, so it is a complete food that is absorbable with bioavailable nutrients.

What liquid do most people add?

Many use plant-based milks, real milk or coconut water. It's really up to you. The new thing is called KePro shots for those starting out on small amounts.

If I don't do smoothies how can I take KePro?

Many people put KePro in overnight oatmeal bowls, sprinkle it in other foods, like over yogurt.

Can KePro be heated?

No. Heating KePro kills the bacteria and depletes some of the nutrients.

What kind of milk is KePro made with?

Jersey cow milk which is A2 gene. The proteins are easier to digest than A1 gene milk proteins. Most people have no problem with healthy Jersey cow, A2 milk.

Why are the carb and fats so high in KePro?

KePro uses whole milk (research has now proven whole milk is healthier) and real organic whole coconut. Coconut oil is high in many healthy carbs and fats which are the good oils and fats most people know they should take daily yet it is not in the American diet.

My stomach hurts can KePro stop it from hurting?

KePro has strong probiotics that may help as KePro may help coat and soothe the stomach.

How is KePro better for Osteoporosis than regular milk or calcium supplements?

KePro has more nutrients and minerals needed to help intake and properly use calcium. K2, & D vitamins, plus the fermentation process breaks down the food to help your body to absorb it better.

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Thank you for your interest in KePro and hope this answered your questions. We are here for you on your journey to feeling your best! If you have any other questions or would like learn more.

Please visit

KeProForYou.com

KeProUSA.com

Every Sip Counts! Be sure to start your day off right with KePro as it will help you on your journey to a healthier + better you.

KePro
All Natural
Smoothie Base
Harmonizing gut bacteria
& Digestion



**Building
a healthier
you
naturally**