

# HOW TO CONSUME KOMBUCHA

IMPROVING YOUR GUT HEALTH ONE STEP AT A TIME

## KOMBUCHA BENEFITS

### PROBIOTICS

Probiotics provides your gut with healthy bacteria. These bacteria can improve gut health and digestion.

### ANTIOXIDANTS

Antioxidants are substances that fight free radicals and have anti-oxidizing effects on your liver.

### ALL-NATURAL

Our Kombucha is blended with our proprietary cold-pressed juices to give you the best of both worlds. No preservatives added.

### ANTIBACTERIAL

Loaded with polyphenols and organic acids, Kombucha is able to kill many potentially harmful organisms

## HOW TO CONSUME



### START SLOW

IF THIS IS YOUR FIRST TIME DRINKING IT, **START SLOWLY** AND NOTICE HOW YOUR BODY REACTS.



### NOT ALL AT ONE GO

DRINK **JUST ONE** BOTTLE A DAY. OVER-CONSUMPTION OF KOMBUCHA CAN LEAD TO UNDESIRABLE SIDE EFFECTS SUCH AS BLOATING OR MILD GAS AS IT IS A FERMENTED PRODUCT.



### REFRIGERATE

KOMBUCHA SHOULD BE STORED IN A **FRIDGE** AS EXPOSURE TO HEAT CAN AFFECT THE OVERALL TASTE OF THE BEVERAGE

## WHEN TO CONSUME



### MORNING

DON'T DRINK IT IN THE MORNING IF YOU AREN'T USED TO CONSUMING PROBIOTICS IN YOUR DIET.



### AFTERNOON

DRINKING IT TOGETHER WITH LUNCH IS A SAFE CHOICE SINCE IT CAN AID DIGESTION.



### NIGHT

KOMBUCHA CONTAINS A SMALL AMOUNT OF CAFFEINE, SO DON'T DRINK IT AT NIGHT IF YOU THINK YOU'LL HAVE TROUBLE SLEEPING.

## OUR FLAVOURS



**FRESHLY MADE**  
**100% NATURAL** COLD-PRESSED JUICE BLEND  
**RICH** IN ANTIOXIDANTS  
**ZERO** ARTIFICIAL INGREDIENTS



**REVITALIZING RED KOMBUCHA**



**SWEET BEETS KOMBUCHA**



**EVERGREEN KOMBUCHA**



**TROPICAL GARDEN KOMBUCHA**



**TROPICAL EARTH KOMBUCHA**

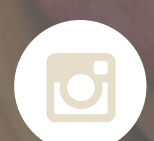


**CITRUS BLISS KOMBUCHA**

**TRY OUR KOMBUCHA TODAY!**



[HTTPS://WWW.FACEBOOK.COM/ANTIDOTEJUICE/](https://www.facebook.com/antidotejuice/)



@ANTIDOTEJUICE



@ANTIDOTE.SG

