

# Probiotics



**Acidophilus Milk**



**Apple Cider Vinegar  
(with "Mother")**



**Buttermilk**



**Cottage Cheese (Cultured)**



**Kefir**



**Kimchi**



**Kombucha**



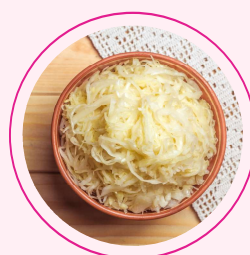
**Miso**



**Natto**



**Salt-Pickled Fruits &  
Vegetables**



**Sauerkraut**



**Semi-Hard Cheese**



**Tamari**



**Tempeh**



**Yogurt**



**& More!**