

KOMBUCHA

A Powerhouse of Probiotics: Nature's Nutrient-Packed Elixir

WHAT IS KOMBUCHA?

Kombucha is a centuries-old fermented tea originating from the Far East. This remarkable elixir is known for its profound health benefits, particularly for the heart, brain, and gut. Through a complex fermentation process involving a symbiotic culture of bacteria and yeast (SCOBY), Kombucha becomes a probiotic-rich beverage. These probiotics form a protective line along your digestive tract, promoting gut health, aiding digestion, and enhancing nutrient absorption. Furthermore, they bolster the immune system, warding off infections and illnesses. Kombucha's holistic effects extend to cardiovascular and cognitive health, making it a multifaceted elixir that nourishes both the body and the mind.

10 REASONS TO DRINK KOMBUCHA

Detoxification: Some people believe that kombucha aids in the detoxification process, although scientific evidence on this is limited.

Improved Digestion: The probiotics in kombucha may support a healthy digestive system and help with conditions like irritable bowel syndrome.

Enhanced Mood: A healthy gut is linked to mood regulation, and kombucha's impact on gut health may lead to improved mood and reduced symptoms of anxiety and depression.

Mental Clarity: Some individuals report increased mental clarity and focus as a result of regular kombucha consumption, potentially due to improved gut health and the gut-brain connection.

Skin Health: The antioxidants in kombucha can contribute to healthier, radiant skin by combating oxidative stress and supporting collagen production.

Alleviation of Joint Pain: Kombucha's anti-inflammatory properties may help reduce joint pain and inflammation, benefiting those with conditions like arthritis.

Immune System Support: The probiotics and antioxidants in kombucha may contribute to a stronger immune system.

Alleviation of Allergies: Regular consumption of kombucha has been associated with reduced allergy symptoms, possibly due to its role in modulating the immune system.

Respiratory Health: The antioxidants in kombucha may support respiratory health and reduce the risk of respiratory infections.

Oral Health: Kombucha may contribute to improved oral health by inhibiting the growth of harmful bacteria in the mouth, reducing the risk of cavities.



The nutritional content of kombucha can vary depending on the brand, flavor, and brewing process. However, here's a typical range of nutritional facts for a 240 ml serving of unflavored, raw kombucha:

Calories: 30-60 calories
Total Carbohydrates: 7-14 grams
Sugars: 2-4 grams
Sodium: 0-20 milligrams
Potassium: 20-30 milligrams
Folate: 100-400 micrograms (25% of DV)
Vitamin B1 (Thiamin): 10-20% of DV
Vitamin B2 (Riboflavin): 10-20% of DV
Vitamin B3 (Niacin): 10-20% of DV
Vitamin B6: 10-20% of DV
Vitamin B12: 10-20% of DV

*DV = Recommended Daily Value

It's important to note that because kombucha is a fermented beverage, it does contain a small amount of alcohol, typically below 0.5%, and should be consumed in moderation.

Sources: [Healthline](#) | [Mayo Clinic](#) | [Cleveland Clinic](#) | [WebMD](#) | [Everyday Health](#)