



organic yogurt

You'll love Yami's **Bi-yo-Blend Plus™**

- Live probiotic cultures replenish good bacteria in your digestive system
- Natural inulin provides essential fiber
- Vitamin A strengthens your body's immune system
- Vitamin D3 helps you absorb bone-building calcium
- Lactase lets us reduce added sugar, trimming the calories of our lactose-free yogurt
- Gluten-free

Naturally delicious and so good for you!

Why organic?

Several studies have shown that organic foods truly taste better, in addition to being better for you. It's so easy to make this healthy choice.

It all starts with the family farms that produce our organic milk. They adhere to sustainable agricultural processes that yield the most natural dairy products. No chemicals, hormones or pesticides, ever. This makes for very happy, healthy cows who yield outrageously sweet, pure milk.

Our fruits also grow in pristine, organic conditions, so you can truly feel good about every yummy bite. And you can pat yourself on the back for choosing a yogurt that is kind to the earth.

What's in it for you?

Yami's 4 live **probiotic cultures** (plus 2 more active cultures) befriend your digestive system, creating a nurturing environment for your naturally good bacteria to flourish.

Since most people fall short on **fiber**, Yami Organic includes plant-based inulin as a prebiotic to help your digestive system in the most natural way.



It's also difficult to get enough **Vitamin A and D** in your diet. Yami helps with that, delivering a delicious way to strengthen your immune system with Vitamin A. And you also get a dose of sunny Vitamin D3 to help shore up your body's defenses.

Lactose-free, 100% dairy.

Lactose-free yogurt sounds like an unlikely possibility...it is made from milk, after all. We've led the way, by using the natural enzyme lactase to remove lactose, allowing us to reduce added sugars. Less sugar is good for everyone, and lactose-sensitive people get the added bonus of easy digestibility.

Yami Organic is a smart, healthful choice that tastes like a guilty pleasure.



6 oz Yami organic lowfat yogurt 4 oz Li'l Yami organic yogurt

Lactose-free & 100% dairy



Certified organic by Washington State Dept. of Agriculture

Organic 6-oz	Serving Size	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
Blueberry Bonanza	1 container/170g	130	25	2.5g	1.5g	0	10mg	90mg	22g	3g	17g	6g	10%	2%	20%	4%
Cherry Orchard	1 container/170g	130	25	2.5g	1.5g	0	10mg	90mg	22g	3g	17g	6g	15%	2%	20%	4%
Perfectly Peachy	1 container/170g	130	25	2.5g	1.5g	0	10mg	90mg	22g	3g	18g	6g	15%	15%	20%	4%
Raspberry Rush	1 container/170g	130	25	2.5g	1.5g	0	10mg	90mg	22g	3g	18g	6g	10%	4%	20%	4%
Strawberry Crush	1 container/170g	130	25	2.5g	1.5g	0	10mg	90mg	22g	3g	18g	6g	10%	4%	20%	4%
Vanilla Velvet	1 container/170g	130	25	2.5g	1.5g	0	10mg	90mg	22g	3g	18g	6g	10%	4%	20%	4%

STRAWBERRY CRUSH INGREDIENTS: Grade A Pasteurized Organic Lowfat Milk, Organic Sugar, Organic Strawberries, Organic Tapioca Starch, Organic Inulin¹, Organic Strawberry Flavor, Organic Locust Bean Gum, Pectin, Carrageenan, Lactase², Citric Acid, Red Cabbage (for color), Vitamin A Palmitate, Vitamin D3 and Live Active Cultures (*S. thermophilus*, *L. bulgaricus*, *L. acidophilus*, *Bifido. lactis*, *L. rhamnosus*, *L. casei*).

For ingredient statements on all flavors, please go to yamiyogurt.com.

¹Each serving provides 2 grams of organic inulin, a natural dietary fiber that has been shown to increase calcium absorption.

²**LACTOSE-FREE** We use Lactase, a natural enzyme, to remove lactose from our yogurt, minimizing added sugars and making it ideal for lactose-sensitive people.

ORGANIC LI'L STRAWBERRY INGREDIENTS: Grade A Pasteurized Organic Milk, Organic Sugar, Organic Strawberry Puree, Organic Inulin¹, Organic Tapioca Starch, Organic Strawberry Flavor, Locust Bean Gum, Pectin, Natural Flavors, Carrageenan, Red Cabbage (added for color), Citric Acid, Live Active Cultures (*S. thermophilus*, *L. bulgaricus*, *L. acidophilus*, *Bifido. lactis*, *L. rhamnosus*, *L. casei*).

ORGANIC LI'L PEACH INGREDIENTS: Grade A Pasteurized Organic Milk, Organic Sugar, Organic Peach Puree, Organic Inulin¹, Organic Tapioca Starch, Organic Peach Flavor, Locust Bean Gum, Pectin, Carrageenan, Citric Acid, Live Active Cultures (*S. thermophilus*, *L. bulgaricus*, *L. acidophilus*, *Bifido. lactis*, *L. rhamnosus*, *L. casei*).

¹Each serving provides 2 grams of organic inulin, a natural dietary fiber that has been shown to increase calcium absorption.

Organic Li'l Yami	Serving Size	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
Strawberry	4 oz/113g	120	25	3g	2g	0	10mg	65mg	19g	2g	16g	4g	4%	8%	15%	4%
Peach	4 oz/113g	120	25	3g	2g	0	10mg	65mg	19g	2g	16g	4g	4%	8%	15%	4%

Flavor	ADP Code	Pkgs	Item Code	UPC Code
Blueberry Bonanza	4961	12/6 oz		011384016310
Cherry Orchard	4962	12/6 oz		011384016327
Perfectly Peachy	4963	12/6 oz		011384016334
Raspberry Rush	4964	12/6 oz		011384016341
Strawberry Crush	4965	12/6 oz		011384016358
Vanilla Velvet	4966	12/6 oz		011384016365
Organic Li'l Yami	4719	6/4 oz		011384141289



Try Auburn Dairy's full line of yogurt products, including:
Li'l Yami • Organic Yami • Lowfat Yami • Yami Quarts • Yami Light

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