

Kefir: A new tool in the battle against breast cancer?

A new study of over 30,000 women has revealed that ladies who consume high levels of calcium and vitamin D - *both found in Lifeway products* - were up to 40% less likely to develop breast cancer, pre-menopause.

The study, conducted by Harvard Medical School and Brigham and Women's Hospital, was published in the Archives of Internal Medicine.

Researchers found that, among pre-menopausal women, those with highest calcium intake (more than 1,300mg/day) had a 40% lower risk of the disease. And when it comes to Vitamin D, those women with the highest intake - about 550 IU/day - experienced a 35% lower risk. And the link between calcium, Vitamin D and breast cancer appears to be strongest for more aggressive tumors...the type of which are more often found in younger women. (No change in risk was seen in post-menopausal women consuming the nutrients.)

Vitamin D is found in salmon and other oily fish, and is routinely added to milk, but most of the population fills their daily requirement with sun exposure. As for calcium, top sources include milk, yogurt, dark, leafy green vegetables, and, of course, kefir! One cup has 30% of your daily calcium needs and 25% of your Vitamin D needs. So drink up...and protect yourself!



LIFEWAY is listed on
NASDAQ - (LWAY)

www.lifeway.net

847.967.1010
info@lifeway.net