

## FREQUENTLY ASKED QUESTIONS

### WHAT IS KOMBUCAH?

Kombucha is sweet tea which has been fermented using a symbiotic colony of bacteria and yeast, also known as a SCOBY. It is a living beverage that contains elements that offer beneficial nutrients that support the digestive system, strengthens the immune system and provides functional benefits to bring the immune system back into balance so that the body can heal itself. Kombucha contains good bacteria and B-vitamin rich yeast, acetic acid, gluconic, butyric and lactic acids that help to rebuild the gut lining and balance the body's pH. Kombucha is often referred to as a "Gate-way Food" as this one health-promoting choice can lead to many other good choices.

### WHAT INGREDIENTS ARE IN HOTI KOMBUCHA?

Organic tea, organic sugar, filtered water and a starter culture are what's used to make each batch. We then added fresh ingredients to enhance the flavours of the tea used in the first ferments.

### IS HOTI KOMBUCHA PASTEURISED?

Our Kombucha is never heated and contains no additives. This means it is raw and unpasteurised and due to this, may contain beneficial bacteria, probiotics and organics acids.

### IS IT SAFE TO DRINK KOMBUCHA WHEN PREGNANT OR BREASTFEEDING?

If you're accustomed to drinking Kombucha then there is no reason to stop, however dinking Kombucha when pregnant is a personal choice and we recommend you speak to your health practitioner to help you make the best decisions for you and your bub.

### CAN CHILDREN CONSUME KOMBUCHA?

Children are naturally drawn to Kombuca's fizziness and is a great alternative to soft drink or high sugar fruit juices. It's also a great way to get them started on fermented foods. Start off with small amounts and work your way up to around 150ml a day. You can mix it with a little water, and in addition we recommend you ensure your children get their recommended daily water intake. As always, if you are concerned, please speak with your health practitioner to assist you in deciding what is best for you and your family.

### HOW MUCH ALCOHOL IS IN HOTI KOMBUCHA?

Kombucha is traditionally a naturally low-alcohol fermented beverage. Alcohol is a natural by-product of fermentation and as HOTI Kombucha is raw and unpasteurised, there is some alcohol present. When correctly refrigerated HOTI Kombucha contains less than .5% alcohol content.

### HOW MUCH SHOULD I DRINK A DAY?

If you're unaccustomed to drinking or eating fermented foods, we recommend you start with about 150ml a day while your belly adjusts to the living probiotic and then increase the amount at your own pace. We drink up to 2 glasses a day.

### WHEN SHOULD I DRINK KOMBUCHA?

Whenever you like. I have customers that drink just after waking to revitalise their senses, at work to get them through the mid-afternoon slump, while training for obstacle racing or at dinner to replace their daily glass of wine. In fact, my customers drink HOTI Kombucha whenever they like.

**HOW LONG DOES HOTI LAST ONCE OPENED?**

There is a best before date on the bottle and once opened, it's best to drink it within 5 days, but unopened HOTI should last for at least 2 months. You can drink it after the best before date as it won't go off. Kombucha will continue to ferment and the live cultures will continue to consume any residual sugar and it may become more alcoholic with time and be fizzier and less sweet.

**DO I NEED TO REFRIGERATE MY KOMBUCHA?**

YES. Unrefrigerated Kombucha will continue to ferment and become fizzier and it will consume any residual sugar and may end up tasting like vinegar. It will be totally fine to drink, but just may not taste that good. Don't despair, you can always use it as a salad dressing.

**HOW DO I OPEN MY BOTTLE?**

Due to the natural fermentation process, the live probiotics and the fact that I don't not artificially carbonate HOTI Kombucha or use additives to manage the wild fermentation, some bottles will be fizzier than others. Always open with care, over a bowl or jug and if you're concerned, pop a towel over the top when opening. Never open unrefrigerated Kombucha as it will possibly end up on your ceiling.

**DOES HOTI KOMBUCHA CONTAIN GLUTEN?**

No, HOTI Kombucha is gluten free.

**WHERE IS HOTI MADE?**

HOTI Kombucha is family owned and is hand crafted and bottled in small batches, in Bundaberg QLD.

**DISCLAIMER:** This publication is intended to provide information on the covered subject. It is not intended to take the place of personalised medical counselling, diagnosis or treatment from a trained professional. Kombucha Tea is not intended to treat, cure or prevent any disease. All information is intended for general knowledge only.

