



**MOVE OVER MILK...  
KARA DAIRY FREE - UK'S FIRST COCONUT BASED DAIRY-FREE MILK**

At last, a true alternative to cow's milk... **Kara Dairy Free**, the first coconut based dairy-free milk to hit the shelves, offers a superior taste to other dairy-free milks\*. Enriched with calcium, Kara Dairy Free contains the same fat content as semi-skimmed milk (2%); it is 100% dairy and lactose free, soya free and has zero cholesterol.

Kara Dairy Free is created from freshly pressed coconuts. Unlike soya bean and rice grain milk, there's no soaking, grinding, extracting or boiling involved.

It ticks other 'free-from' boxes too, with no artificial flavourings, colourings or preservatives – and it's approved by Vegetarian, Vegan and Coeliac Societies.

Kara Dairy Free also contains more Lauric Acid than any other kind of milk. Lauric Acid is a medium chain fatty acid, which is healthier than saturated animal fats and also helps control the HDL : LDL cholesterol ratio.

And there's more... with a mild, delicate flavour, remarkably close to conventional milk, Kara Dairy Free can be used in place of dairy milk in anything from tea or coffee to a sweet or savoury sauce or pancakes. Who needs cows?

Kara Dairy Free is produced from freshly pressed coconuts harvested from Kara managed plantations in Sumatra, Indonesia. Kara's involvement spans from seeding right through to pressing, with stringent quality control to ensure the consistency and freshness.

So make a dairy and lactose-free life less ordinary, thanks to Kara-Dairy Free. Available from Tesco, Waitrose, Ocado, Holland & Barrett, Planet Organic, Revital, As Nature Intended and independent health food stores priced from £1.39 for a one-litre carton.

For further information visit [www.karadairyfree.com](http://www.karadairyfree.com)



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**ENDS**

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\* Kara Dairy Free outscored Rice Dream and Alpro Original in consumer sensory tests conducted during August 2009 using 100 regular users of dairy free milk products.