



BORIS

Maitohappobakteerijuoma

Boris – with live lactic cultures

*Made using vegetables, berries, wild herbs,
fresh water and a hint of sea salt*

No additives and zero calories

BORIS

About Boris

BORIS'S STORY FIRST BEGAN in the 1980s, when homeopath and nutritional coach **Aira Rekilä** taught fasting at the Finnish Red Cross. Amazed to discover that all juice-based health drinks were pasteurised, she set about creating an enzyme-based beverage for her students. Over the years, the courses evolved to focus increasingly on detoxification and later on wellness. Working in her garage, Aira used root vegetables, berries and foraged greens to perfect a recipe for a drink capable of generating lactic acid and liquid oxygen that would help to maintain optimal health for users from the inside out. Following a lengthy development process, the Boris probiotic drink was created. Now a cornerstone of Aira's nutritional philosophy, the drink incorporates the best nature

has to offer to promote gut health and whole body wellness. The drink was soon embraced by an appreciative audience and remains a firm favourite to this day.

These days, the manufacturing and the ongoing research and development processes have been entrusted to **Mahla Forest Oy**, experts in natural products.

We have succeeded in more than doubling the drink's lactic acid content without compromising mouthfeel or retail price.



BORIS

How does it work?

BORIS CONTAINS live lactic acid cultures:

- Probiotics
- Prebiotics
- Enzymes
- Flavonoids

If we were trees, the gut would be our roots. When our gut is well balanced, we feel a sense of health and well-being.

Probiotics, with the support of prebiotics, prevent pathogens from attaching to the gut wall. An acidic drink, Boris has a pH of 3.2. This is essential to allow the good bacteria to pass through the stomach without being eliminated by stomach acids, digestive enzymes and bile as they make their way towards the gut.

The lactobacillales found in Boris are natural bacteria generated by the gut itself. They are highly effective thanks to their ability to attach to the gut lining and generate oxygen. Every healthy adult actually carries up to 1.8 kilos of lactic acid bacteria inside their gut. These are the “good bacteria” that help our bodies to stay healthy.

The “good” bacteria play a vital role in the digestive process, helping to absorb nutrients and maintain a healthy gut lining, the most important organ in our immune system.

The digestive lining plays a key role in preventing many chronic diseases and helps to drive our overall sense of well-being. An imbalance in our gut flora can lead to a range of issues, including pain, nausea, constipation, tiredness and diarrhoea. The lactic acid bacteria contained in our drink offer protection against the “bad” bacteria that are harmful to our health and well-being.

To this day, Boris remains a firm favourite among consumers. In fact, many of our customers discovered Boris entirely by chance and have gone on to take it every day. We believe this is due to the fact that the drink is genuinely effective, offering real everyday benefits to our customers. We are also proud to say that we enjoy excellent long-standing relationships with our many retail partners, who continue to stock Boris due to excellent demand.

Contact us for a quote.

Mahla Forest

For further information
and retail enquiries,
please contact:

Petteri Avilia

Sales Director

+358 (0)40 967 9399

petteri.avilia@mahlaforest.com

Juha Tarkiainen

Managing Director

+358 (0)40 765 0222

juha.tarkiainen@mahlaforest.com

Mahla Forest Oy

Kangasniementie 705

76850 Naarajärvi

Finland

www.mahlaforest.com