



## Why Mountain High?

Mountain High Yoghurt is the best-selling family-sized yoghurt in the West for a mountain of reasons:

- **Superior taste** — Whether you chose Plain, Vanilla, or a fruit-flavored variety, Mountain High always tastes fresh and creamy, with just the right amount of tang. It's never tart or bitter.
- **All natural and nutritious** — Mountain High is made with all natural ingredients, starting with fresh milk from cows that are never treated with growth hormones or antibiotics.
- **Excellent source of calcium** — Every serving of Mountain High offers 30-45% of the adult Daily Value for calcium.
- **Billions of live, active & probiotic cultures** — A special blend of *L. acidophilus*, *B. bifidus*, and *L. casei* cultures in Mountain High help support your overall wellness and digestive health.
- **Cultured in the cup for a smooth & creamy texture** — Other brands produce yoghurt in big vats, then pour in additives to maintain consistency as it's pumped into cups. Our yoghurt is cultured and set in the cup you purchase, so it never needs fillers — it's naturally smooth and creamy!
- **Great for cooking** — Mountain High Yoghurt is also a great one-to-one replacement for high-fat dairy products like sour cream, cream cheese, or cream. Try it in appetizers, soups, entrees, desserts, and more.

## But don't just take our word for it. Here's what some of our customers have to say about our yoghurt:

*"I love that there is no high-fructose corn syrup and it's available in Fat-Free Vanilla. Even the fat free has a creaminess to it that others don't. I have recommended it to my patients as a diabetes educator and researcher. Great product!"*

**Margie**

*"I love your Plain yoghurt and recommend it to all my friends. Thank you for an excellent product."*

**Debra**

*"It was love at first taste."*

**Carol**

*"Mountain High is the ONLY brand we buy and we have tried just about every one. We just love the texture, consistency and flavor of Mountain High."*

**Ramiro**

*"The flavor is delicious without being too sweet. I have always had stomach and immune issues and, before I ever heard of probiotics, I learned that if I ate a cup of Mountain High I would feel better. Thank you for consistently providing an awesome product."*

**Kathryn**

*"I love the creamy smooth texture and the natural tangy flavor."*

**Judith**

*"Always fresh and tasty, makes me feel good too. Thanks for a really good wholesome food."*

**Jean**

*"I had breast cancer in 2002. After surgery I had chemo and then radiation. I could hardly eat anything during chemo, but I could eat Mountain High Yoghurt."*

**Bonnie**

*"We have tried so many brands. Appreciate the naturalness of your product, the texture, and taste. We eat it every day."*

**Maryann**

*"I will not buy any other brand."*

**Beverly**