real food.
simple ingredients.

good CULTURE® | 1% FOR THE PLANET®

what's in your cottage cheese?

good culture has 4 simple ingredients:

MILK, CREAM, CELTIC SEA SALT, LIVE & ACTIVE CULTURES

other brands have:

ingredient	what is it?	why do they use it?	why we don't use it?
POLYSORBATE 80	a synthetic compound derived from polyethoxylated sorbitan and oleic acid.	used to keep texture from separating and to add "bulk".	some studies link to infertility in mice and other links to human diseases. also used in: **soups, shampoo, cosmetics and skin creams.**
GUAR GUM **LOCUST BEAN GUM** **XANTHAN GUM**	stabilizers, emulsifers and thickeners that are used certain foods and industrial products.	**for two reasons:** **1. cost.** stabilizers are cheaper than cream / curd. **2. consistency.** other use it to "cheat" to thick & creamy – we use our proprietary, artisanal process and recipes to achieve the real deal.	gums have been linked to inflammation in the body and gut issues. Inflammation is the root of all disease.
CARRAGEENAN	linear sulfated polysaccharides that are extracted from red seaweeds.		it has been associated with malignancies and other stomach problems.
POTASSIUM SORBATE	a food preservative that helps prevent food spoilage from bacteria, fungi, molds and yeast.	to extend shelf life and to stunt the natural aging process of real food.	hypersensitivity reactions, migraines, hyperkalemia.

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we believe that if you eat good things, made from real, simple ingredients, you'll feel good. that's why we created a thicker, creamier cottage cheese made with ingredients that you can pronounce. we never use preservatives, gums, or artificial anything, and a portion of sales goes back to the planet. we made **cottage cheese, but better™**.

GOODCULTURE.COM