

Nordic Fermented Milk

The Viking Secrets



Filmjök, Piimä and Other Fermented Milks from Nordic Countries

Natural fermented milks have long been a staple of the Scandinavian diet, traditionally enjoyed as a drink during meals.

Swedish Filmjök is a natural product with no added flavoring, also known as Piimä in Finland, Maslanka in Poland, and Hapupiim in the Baltic countries. Its origins date back to the Viking Age, from the late 8th to the late 11th century, when the **Viking population** needed a **nutritious, easy-to-make, and portable food** to survive harsh winters and sustain themselves during migrations across the "Old Continent."

Filmjök meets these needs as a nutrient-rich fermented milk, **naturally containing probiotic strains that support gut health.**

Made from fresh milk and fermented slowly, Filmjök develops its authentic Swedish soft, velvety texture and mild, natural flavor.

Its consistency is thinner than yogurt but slightly thicker than milk, making it perfect for drinking on its own, pouring over fruit or cereal, or blending into smoothies. With multiple active cultures and probiotics, Filmjök helps maintain healthy gut flora and supports digestive wellbeing.

The nordic flavour

Sacco System offers an exclusive product line of culture blends designed to recreate the **original Swedish Filmjök.**

Developed and optimized in collaboration with Swedish technicians at Sacco System Nordic, this product line of culture blends preserves the product's traditional origins, authentic taste, and nutritional benefits. Today, Sacco System brings the genuine Filmjök experience to consumers worldwide, **honoring the heritage, quality, and flavor that define this unique Scandinavian dairy product.**

Core Characteristics



AUTHENTIC



NUTRITIOUS



VERSATILE

Swedish Inspired FilmJölk cultures

Filmjölk is produced starting from pasteurised semi-skimmed milk or skimmed cow's milk through a fermentation process with the help of specific starter cultures. The use of selected strains like *Lactocaseibacillus acidophilus* and *Bifidobacterium animalis* ssp. *lactis* in combination with the mesophilic culture, is gaining more and more popularity.

Sacco System has developed a dedicated product line for Filmjölk as a result of years of research, based on naturally isolated thermophilic and mesophilic strains sourced from artisanal dairy products across various European countries. This approach preserves the **traditional character while delivering consistent quality, taste, and nutritional benefits.**

Cultures	Strains	Characteristics
Cryofast M 335 Q	<i>Lactococcus lactis</i> ssp. <i>lactis</i> , <i>Lactococcus cremoris</i> , <i>Lactococcus lactis</i> ssp. <i>lactis</i> biovar <i>diacetylactis</i> , <i>Leuconostoc</i> ssp.	The fermentation time to pH 4.55 is about 18 hours at 22°C
Lyofast MS 332 EN + Lyofast MO 342	<i>Lactococcus lactis</i> ssp. <i>lactis</i> , <i>Lactococcus lactis</i> ssp. <i>cremoris</i> , <i>Lactococcus lactis</i> ssp. <i>lactis</i> biovar <i>diacetylactis</i> , <i>Leuconostoc</i> spp. <i>Streptococcus thermophilus</i>	The fermentation time to pH 4.55 is about 7.30 hours at 32°C
Lyofast MS 130 A	<i>Lactococcus lactis</i> ssp. <i>cremoris</i> , <i>Lactococcus lactis</i> ssp. <i>lactis</i> , <i>Lactococcus lactis</i> ssp. <i>lactis</i> biovar <i>diacetylactis</i> , <i>Streptococcus thermophilus</i> , <i>Leuconostoc</i> ssp.	The fermentation time to pH 4.55 is about 12.5 hours at 30 °C
Lyofast M 430 Q	<i>Lactococcus lactis</i> ssp. <i>cremoris</i> , <i>Lactococcus lactis</i> ssp. <i>lactis</i> biovar <i>diacetylactis</i> , <i>Leuconostoc mesenteroides</i> , <i>Leuconostoc</i> ssp.	The fermentation time to pH 4.55 is about 19 hours at 24 °C

Enhanced with Probiotics



Lyofast BLC 1

Bifidobacterium animalis ssp. *lactis* BLC1 exhibits higher acid and bile-acid tolerance than other *Bifidobacterium* species, supporting its survival and proliferation in the intestinal tract¹. This strain produces only L-lactate, which is more easily metabolized by infants than D-lactate². In addition, its metabolic activity contributes to the product's improved organoleptic properties.

[1] Wanatabe H. et al; 2012 Survival of *Bifidobacterium animalis* subsp. *lactis* OPB-1 in the gastrointestinal Tract after its administration in a milk-free soybean product and the effect on fecal microbiota in healthy adults . Food Sci. Technol. Reas 18, 243-250. [2] GRAS Notice for the Intended Use of *Bifidobacterium animalis* ssp. *lactis* BLC 1 3. Rasic, J. L., and J. A. Kurmann. 1983. Bifidobacteria and Their Role. Birkhauser Verlag, Basel, Switzerland. [3] Wang K. et.al. Effects of ingesting *Lactobacillus* and *Bifidobacterium* containing yogurt in subjects with colonized *Helicobacter pylori* Am J Clin Nutr 2004; 80:737– 41. php?id=180

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