

Discover why Danone Bio is a unique way to stay healthy... / Danone UK.

Contributors

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*Discover why Danone Bio
is a unique way to
stay healthy...*



BIO
WITH BIFIDUS ESSENSIS®
CULTURES



Danone Bio contains a unique live culture, Bifidus ESSENSIS®, which helps keep you and your digestion healthy, enabling your body to cleanse and purify itself from within. Danone's Bifidus ESSENSIS® culture also provides Danone Bio with its unique, delicious, mild and creamy taste. Everyone can enjoy Danone Bio, including vegetarians.



Nutritional values per 100 g	
Energy	253kJ/60kcal
Protein	4.7 g
Carbohydrates	6.1 g
Fat	1.9 g
Calcium	136 mg

**Danone Bio Natural
Low Fat 500g Pot**



For more information write to DANONE U.K.: PO Box 338, Enfield, Middlesex EN3 7AQ or DANONE Ireland: Belgard Road, Tallaght Dublin 24.



Danone Bio is a delicious tasting live yogurt. It contains a unique culture, Bifidus ESSENSIS®, which helps keep you and your digestion healthy, enabling your body to purify itself from within.

? Why is it important to have a healthy digestive system?

Our digestive system is an essential part of the process that helps to feed our body with essential nutrients, as well as helping to eliminate toxins and waste.

? How can Danone Bio help your digestive system?

Danone Bio is literally alive. It contains a carefully selected culture, called Bifidus ESSENSIS®. It is unique to Danone and no other yogurt contains it. Eating Danone Bio every day supports the natural cultures which support us. It's been clinically proven to help our bodies run smoothly, cleansing and purifying ourselves from within.

? Why is Danone Bio unique?

The Bifidus ESSENSIS® culture has been selected by the Danone researchers among hundreds of other cultures for its proven benefits. It also makes our yogurt milder, creamier and more delicious.



? When should I eat Danone Bio?

To get the full benefit of Danone Bio we recommend eating it every day at the end of a meal. As well as enjoying the benefits of its unique live culture you can provide your body with the essential nutrients you need every day – protein, calcium, as well as Vitamins B1, B2 and B12.



16-10-00