

**Discover why Bio Activia keeps you healthy on the inside.**

**Contributors**

Danone Limited (UK)

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Wellcome Collection  
183 Euston Road  
London NW1 2BE UK  
T +44 (0)20 7611 8722  
E [library@wellcomecollection.org](mailto:library@wellcomecollection.org)  
<https://wellcomecollection.org>



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

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**Bio ACTIVIA contains a unique culture, the Bifidus ESSENSIS<sup>®</sup>, which helps keep you and your digestion healthy. It also gives our yogurts their unique, mild and creamy taste. And the beauty of Bio ACTIVIA is that it comes in a variety of different flavours.**



*Discover why  
Bio ACTIVIA  
keeps you healthy  
on the inside...*



**When  
you are  
healthy on  
the inside,  
it shows  
on the  
outside.**

**We are only as healthy as the digestive system that feeds us.**

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. Maintaining a healthy digestive system depends on keeping a delicate balance between the billions of bacteria in your digestive system. Unfortunately the stresses of modern living can effect the balance of these bacteria.



**Daily Bio Activia has been shown to improve the digestive system so that it works at it's best.**

Bio ACTIVIA is no ordinary yogurt, it contains a specifically selected culture Bifidus ESSENSIS®. Eating Bio ACTIVIA with Bifidus ESSENSIS® naturally helps to enrich the balance of bacteria in the digestive system.

- **Why is Bio ACTIVIA different from other yogurts and bio yogurts?**

It contains a unique culture Bifidus ESSENSIS®, this has been selected by Danone researchers from among hundreds of other cultures for its proven benefits. It is unique to Danone and is not found in any other yogurts.

- **When should I eat Bio ACTIVIA?**

To get the full benefit of Bio ACTIVIA we recommend eating it every day, for example after meals. As well as enjoying the benefit of its unique culture, you can provide your body with some of the essential nutrients you need every day: protein, calcium, as well as vitamins B1, B2 and B12.

- **Who can enjoy eating Bio ACTIVIA?**

It is suitable for everyone that means all the family, including children from the age of 1 year, vegetarians, and also pregnant women.

- **Why does Bio ACTIVIA taste so creamy?**

The unique culture found in Bio ACTIVIA, Bifidus ESSENSIS®, also provides the delicious, mild and creamy taste.