

Here's how to look after your inner self! / Danone.

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HERE'S HOW TO LOOK AFTER YOUR Inner Self:



A PLEA FROM YOUR INNER SELF:

If you don't look after me properly which often happens if you eat in a rush, or have an unpredictable diet...you end up feeling sluggish, bloated and tired.

A busy stressful lifestyle can **affect your digestive system** which can then lead to a **build up of toxins** which are harmful to your body.

IT'S ALL ABOUT LOOKING AFTER YOUR DIGESTIVE SYSTEM.

It's simple really. If I don't get the right nutrients I can't help you get rid of all the **toxins** and **nasties** in your digestive system.



INTRODUCING BIFIDUS ESSENSIS®...

Aside from being delicious and creamy, DANONE ACTIVIA bio yogurts contain a unique natural culture called **BIFIDUS ESSENSIS®**.

The nice men in white coats have scientifically proven that this unique natural culture actively helps your digestive system work better.

It supports your body's natural process to eliminate toxins and waste more effectively.

Leaving your Inner Self feeling happy and healthy all day long.



MAKE ME A HAPPY CHAPPY ALL DAY LONG:

Enjoy **DANONE ACTIVIA** in your daily routine and I'll be naturally content every day.





**DELICIOUS, TASTY
...AND
GREAT FOR YOU!**



NINE GREAT FLAVOURS:

There's a **delicious range of flavours** all the family will love, including children over 12 months.

DANONE ACTIVIA - the natural, healthy way to look after your Inner Self every day.

Large or small!



Except for ACTIVIA natural 500g, all the packs come in 4x125g

Nutritional Information

Typical value per 100g of
ACTIVIA 0% Peach

Energy KJ / Kcal	218 kJ/51 kcal
Protein	3.7g
Carbohydrate	8.9g
Fat	0.1g
Calcium	136mg = 16% of RDA
Vitamin B12	0.2µg = 20% of RDA



Nutritional Information

Typical value per 100g of
ACTIVIA Raspberry

Energy KJ / Kcal	380 kJ/90 kcal
Protein	3.6g
Carbohydrate	12.8g
Fat	2.8g
Calcium	123mg = 15% of RDA
Vitamin B12	0.16µg = 16% of RDA



Nutritional Information

Typical value per 100g of
ACTIVIA Strawberry

Energy KJ / Kcal	416 kJ/99 kcal
Protein	3.9g
Carbohydrate	13.4g
Fat	3.3g
Calcium	101mg = 12% of RDA
Vitamin B12	0.18µg = 18% of RDA*



*RDA: Recommended Daily Allowance



**Helps keep your
digestive system
healthy and your
Inner Self happy**