

**How to keep your New Year's resolution : Actimel, a new way to keep the doctor away in 2001! / Danone Limited (UK).**

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**Actimel, a new way to keep the doctor away in 2001!**



**How to keep your New Year's Resolution**

# **NUTRITIONAL INFORMATION**

Typical values per 100g of Actimel

Energy KJ/kcal	349/83	373/88	140/33
Protein	2.8g	2.7g	2.8g
Carbohydrate	14.3g	16.0g	4.9g
Fat	1.6g	1.5g	0.05g



HAPPY NEW YEAR FROM

For further information please write to: Danone Limited (UK), PO Box 338, Enfield EN3 7AQ or Danone Limited (Ireland), Belgard Road, Tallaght, Dublin 24, Ireland. visit us at [www.actimel.com](http://www.actimel.com)



You can join a gym, or go on a diet, but did you know that drinking Actimel is one of the simplest ways to be healthy in 2001?

? What is Actimel from Danone?

Actimel is a *delicious, fresh* probiotic yogurt drink that contains the unique live culture *L. casei Imunitass*<sup>®</sup>.

? What does Actimel do?

Actimel helps protect your body from the inside – every day.

*L. casei Imunitass*<sup>®</sup> is a natural live culture of good bacteria. Taken daily it tops up the good bacteria found naturally in your digestive system.

Every single day bad bacteria enter our bodies in the food we eat and the air we breathe. So, we need a healthy level of good bacteria inside to act as a barrier, preventing toxins and infections from passing from the digestive system into the rest of the body.



However, a healthy level of good bacteria can be reduced by stress, unpredictable diet and a hectic lifestyle. Actimel helps maintain your normal balance and keeps your natural defences fighting fit!

? Who can drink Actimel?

Actimel is suitable for *all the family*, including children and vegetarians.

? What does Actimel taste like?

Actimel has *fresh* yogurt taste and comes in two *delicious* flavours, original and orange.

**Actimel, a new way to keep the doctor away in 2001!**

