

Yakult and your digestive system : check out the facts / Yakult UK Ltd.

Contributors

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**Yakult and
your digestive system:
check out the facts.**



How can a healthy digestive system help you?

Your digestive system is a vital part of your body. When your digestive system is working efficiently your body absorbs the vital nutrients it needs to stay healthy.

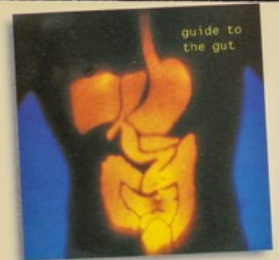
Why are bacteria important?

We all have trillions of tiny bacteria in our intestines, both friendly and potentially harmful. The friendly bacteria are essential in helping to maintain a healthy digestive system. However, stress, poor diet, antibiotics and the natural ageing process, can all affect the balance.

Do you want to learn more about your digestive system?

Our **Guide to the Gut** booklet explains more about the digestive system. For your free copy please call 0345 697 069.

(calls charged at local rate).



Did you know that Yakult is full of friendly bacteria?

Yakult contains the friendly lactic acid bacteria called *Lactobacillus casei* Shirota. Each small bottle of Yakult contains approximately 6.5 billion live bacteria.



What does Yakult taste like?

Yakult has a delicious refreshing taste.

When should I drink Yakult?

Yakult is ideal at breakfast time and can be drunk at any time of the day, as part of a daily balanced diet.

Who can enjoy Yakult?

Everybody, young and old alike.

Should Yakult be kept refrigerated? Yes. Yakult is a skimmed milk drink and needs to be kept chilled.

How many calories are there in a bottle?

Only 51 kcal per bottle, the same as an apple.

Is Yakult a well established product?

Although new to Britain, Yakult has been available for over 60 years. Now more than 23 million people world-wide enjoy it every day.



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Yakult Consumer Information Centre. Tel: 0345 697 069. (calls charged at local rates)

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