



Perfectly balanced.

Life is meant to be lived to the full and while most of us tend to follow the golden rule of all things in moderation, sometimes we slip up and overindulge.



Enjoying fine food and wine, socialising with friends and family, and having a few late nights are all part of life – we are only human after all!

Yet too much of a good thing can leave you feeling flat and rundown, not to mention the after effects like bloating, constipation or diarrhoea. These symptoms certainly aren't enjoyable and can put a serious dent in your lifestyle.

That's why it's important to take care of your body. If you maintain a healthy balance in all things, including your insides, you can have more energy to get out and enjoy life.

One of the easiest and natural ways to maintain a healthy inner balance is to drink a probiotic product, like Yakult.

Each bottle contains 6.5 billion probiotic bacteria known as the *Lactobacillus casei* Shirota strain. Drinking Yakult helps maintain the balance between good and bad bacteria in your intestines which promotes a sense of inner health and wellbeing.

Just one refreshing bottle of Yakult each day will provide you with enough beneficial bacteria to help you stay balanced, so you can get more out of life.

For more information call 1800 640 023 toll free or visit www.yakult.com.au • The specially cultivated *Lactobacillus casei* Shirota strain, found ONLY in Yakult, arrives alive in the intestines. Not all probiotic products can guarantee this vital fact.