

# Your Questions Answered

## How much beneficial bacteria do I need?

Research suggests you need between 100 million - 1 billion bacteria daily to have a beneficial effect on your digestive system.

So where do you get this number of bacteria in a single, convenient serve? Yakult!!

## Yakult vs. Yoghurt

In Australia, probiotic products are required to contain at least 1 million beneficial bacteria per gram. Few yoghurts contain this much bacteria but Yakult contains 100 times more than the minimum amount. That's an impressive 6.5 billion, live beneficial bacteria in one tiny bottle.

You'd need to eat over 30 tubs of yoghurt daily to get the same amount!!

So, if you're looking for a probiotic with benefits... look no further than a bottle of Yakult; it sure beats eating 6.5kg of yoghurt!

Yakult contains far less sugar per serving size than many popular types of yoghurt. The sugar in Yakult helps keep the bacteria alive during production and throughout its shelf life. It's impossible to make a sugar free Yakult - without sugar the bacteria would die!

Yakult and Yakult LIGHT both have a LOW Glycaemic Index (GI) which means the sugar used enters the blood stream gradually.

Yakult GI = 46    Yakult LIGHT GI = 36



**Yakult**  
FERMENTED DRINK  
Yakult

## What is Yakult?

Yakult is a probiotic drink containing live, beneficial bacteria – the exclusive *Lactobacillus casei* Shirota strain.

Yakult has been scientifically proven to survive the journey through digestive acids to reach your intestines ALIVE.

## What does Yakult do?

For optimal digestive function, the digestive system should contain greater amounts of friendly, beneficial bacteria in order to out number those that are potentially harmful.

This delicate balance is easily altered and a number of factors are associated with an increase in harmful bacteria including:

- Poor food and drink choices
- Stress
- Ageing
- Antibiotics
- A busy lifestyle
- Travelling

Yakult is an ideal way to replenish the levels of 'good' bacteria in your digestive system.

Just one bottle daily provides 6.5 billion, beneficial bacteria to help ensure your digestive system stays balanced.

## What is Yakult LIGHT?

Yakult LIGHT contains the same *Lactobacillus casei* Shirota strain with 30% less sugar (and 30% fewer calories).

## Who should drink Yakult?

Anyone who wants to enhance their natural immunity and keep their digestive system in good shape. This includes pregnant and breast feeding women and children over 12 months of age.

## When should I drink Yakult?

Yakult is not a medicine; it's a health drink so you can have it any time; with or without meals: morning, noon or night.

## How much Yakult should I drink?

We recommend drinking one bottle daily however it is not harmful to drink more than this.

# Yakult

[www.yakult.com.au](http://www.yakult.com.au)

Free call: 1800 640 023