

WHAT is Yakult?

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

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

Each 65 ml bottle contains approximately 6.5 billion bacteria, enough to help replenish the levels of good bacteria in the digestive system.

WHAT are the benefits of drinking Yakult?

Ideally the digestive system should contain greater amounts of friendly, beneficial bacteria in order to outnumber those that are potentially harmful.

Yakult helps keep the balance between the beneficial and potentially harmful bacteria living in the digestive system.

Factors that can alter this delicate balance are:

- What we eat and drink
- Stress
- Antibiotics
- A busy lifestyle
- Traveling
- The ageing process



WHAT is Yakult LIGHT?

Yakult LIGHT has the same *Lactobacillus casei* Shirota strain as original Yakult with 30% less sugar and 30% fewer calories.

WHO drinks Yakult?

Everybody. This includes children over 12 months of age.

WHEN do you drink Yakult?

Any time. With or without meals; morning, noon or night.

HOW MUCH Yakult should I drink?

We recommend one bottle daily.



www.yakult.com.au
free call: 1800 640 023

Yakult is Australian made using the finest Australian ingredients.

Is Yakult expensive?

Unlike most other drinks, Yakult is a drink with benefits! It helps maintain digestive balance for less than \$1 a day.

Yakult is inexpensive when compared to the cost of soft drinks, juices, flavoured milks, cappuccinos or alcoholic drinks.

The pioneer of Probiotics

Dr Shirota was the founder of Yakult and is considered a pioneer of probiotics.

Established more than 70 years ago Yakult originated with the discovery of a single strain of bacteria that performs a beneficial role inside the human intestine.

Known as the *Lactobacillus casei* Shirota strain, this live, beneficial bacteria was named in Dr Shirota's honour.

The *Lactobacillus casei* Shirota strain:

1

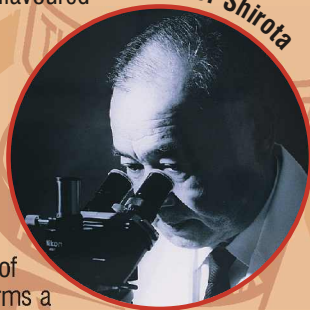
Regulates bowel movements

2

Reaches the intestines alive

3

Replenishes the levels of good bacteria that may have been depleted by antibiotics, stress, natural ageing and what we eat and drink



Bringing good bacteria to everyone

Dr Shirota's passion was preventative health and preventative medicine believing that good health was a treasure that should never be lost. Dr Shirota's life's work revolved around the belief that 'a healthy intestinal tract is the key to a long, healthy life'. This philosophy remains Yakult's motivating force today.