

# Your Questions Answered

## Who discovered Yakult?

Dr Shirota discovered the *Lactobacillus casei* Shirota strain more than 70 years ago. He then incorporated this unique bacteria into a fruity tasty drink which he called Yakult.

Named in honour of Dr Shirota's discovery, this unique beneficial bacteria is known to contribute to digestive balance and is enjoyed daily by more than 25 million people worldwide.

Yakult's Shirota strain:

- Is resistant to stomach acids and reaches the intestines alive
- Controls levels of harmful bacteria
- Helps maintain digestive balance
- Replenishes the number of good bacteria that may have been depleted by antibiotics, stress, natural ageing, or poor food and drink choices.
- Helps regulate bowel movements
- Helps boost natural immunity; particularly when you're run down.

## Yakult is:

- Gluten free
- Fat free
- Cholesterol free
- Low Lactose (1g/bottle)
- Low GI - Yakult GI = 46, Yakult LIGHT GI = 36

## Yakult contains:

- NO artificial colours
- NO artificial flavours
- NO preservatives

Plus, only Yakult contains the live, beneficial *Lactobacillus casei* Shirota strain.



## 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