

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.

WHY does Yakult taste sweet?

There are approximately 2 teaspoons of sugar in each bottle of Yakult. It's there:

- To help the bacteria grow during production
- To keep the bacteria alive during the 45 day shelf-life
- For taste

Without sugar the bacteria would die!

"Lacto" WHAT?

Lactobacillus casei Shirota strain is exclusive to Yakult. No other probiotic product contains this type of beneficial bacteria. It is pronounced: "Lack-toe-bass-ill-us-case-e-i Shirota strain".

"Lacto"

Refers to lactose, the carbohydrate found in milk & the ability of this bacteria to produce lactic acid.

"Casei"

Refers to casein, a protein found in dairy products.

"Bacillus"

Refers to the distinct rod shape of the bacteria.

"Shirota"

Is the name of the scientist, Dr Minoru Shirota, who isolated this particular strain and developed Yakult in the 1930s.

WHAT about the Glycaemic Index (GI)?

The type of sugar used in Yakult & Yakult LIGHT enters the blood stream gradually so it does not significantly increase blood sugar levels. Formal testing shows that both Yakult and Yakult LIGHT have a low Glycaemic Index (GI).

Yakult GI = 46

Yakult LIGHT GI = 36

Did you know?

Yakult contains less sugar per serving size than many popular types of yoghurt!!

Yakult is gluten-free, fat-free and cholesterol-free!! It is also low in lactose, with only 1g of lactose per bottle. Yakult is free from artificial colours, flavours and preservatives.