



Your Questions Answered

Children love Yakult and it's good for them!

As long as your child is over 12 months of age, and not allergic to cow's milk or citrus fruits, they can safely drink Yakult.

From the age of 12 months, the bacteria living in a child's intestine is similar to that of an adult. That's about 100 trillion bacteria in their digestive system, including approximately 400 to 500 different types of 'good' and 'bad' bacteria.

Many parents have found that drinking Yakult regularly means their children are less likely to pick up some of the nasty bugs that are common amongst school age children.

Why? Because 70% of the immune system is located in the digestive tract so it pays to keep your intestines balanced to obtain benefits for both the digestive and immune systems. For optimal digestive balance it is recommended that your intestines contain 85% good bacteria.

With 6.5 billion, beneficial bacteria in every bottle, drinking Yakult daily helps you achieve optimal digestive balance.

Can children drink too much Yakult?

We recommend drinking one Yakult daily, however it is not harmful to drink more. Any excess bacteria will simply pass through the bowel if not used by the body.



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

Free call: 1800 640 023