

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.



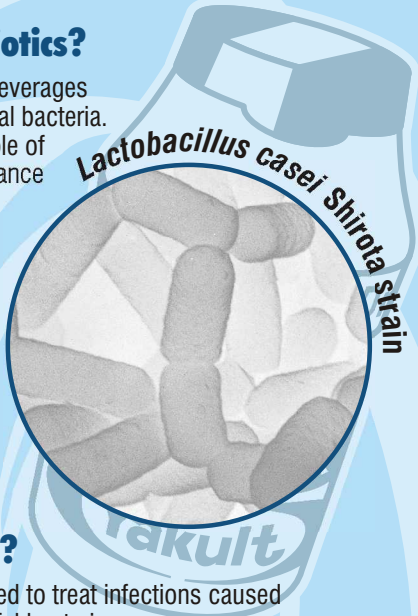
www.yakult.com.au
free call: 1800 640 023

Yakult is Australian made using the finest Australian ingredients.

WHAT are PRO-biotics?

Probiotics are foods or beverages that contain live, beneficial bacteria. These bacteria are capable of improving the overall balance between good and bad bacteria in the digestive system.

A genuine strain of probiotic bacteria must be proven to reach the digestive system alive by surviving the journey through acidic stomach and bile juices.



WHAT are ANTI-biotics?

Antibiotics are usually prescribed to treat infections caused by excessive amounts of harmful bacteria.

However most antibiotics are 'non-selective' so they destroy beneficial bacteria in the digestive system as well as the harmful bacteria they are aiming to keep under control.

This imbalance can result in side effects such as the digestive upsets that are often associated with antibiotic therapies.

Did you know?

YAKULT contains PRO-biotics!!

Yakult's *Lactobacillus casei* Shirota strain is resistant to many common antibiotics so it survives most antibiotic therapies.