

Your Questions Answered

Next time you're prescribed antibiotics, think probiotics!

Antibiotics are generally prescribed to treat bacterial infections caused by excessive amounts of 'harmful' or 'bad' bacteria.

Unfortunately, most antibiotics can't tell the difference between good and bad bacteria and therefore destroy both. This leaves your digestive system vulnerable as bad bacteria quickly re-establish to dominate the intestines. The result is digestive imbalance and irregular bowel motions such as antibiotic associated diarrhoea.

With 6.5 billion beneficial bacteria in each bottle, drinking Yakult will help to ensure that there are more good bacteria in your digestive system than bad.

Yakult's *Lactobacillus casei* Shirota strain is scientifically proven to survive stomach acids, which ensures it will reach your intestines alive to restore and maintain digestive balance, and regulate bowel motions.

Beyond Digestive Benefits...

Probiotics are known for maintaining digestive balance and reducing the likelihood of undesirable digestive symptoms. Did you also know that probiotics have a role in maintaining natural immunity?

Approximately 70% of the immune system is located in the digestive system. Therefore, maintaining a balance of beneficial bacteria in the digestive system encourages optimal digestive and immune function. That's two for one! Probiotics help boost your immune system, particularly when you're feeling run-down.



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