



Taking care of your gut helps to boost your immune function to protect against infections and illnesses.

Achieving Balanced Gut Bacteria Checklist

☐ I eat probiotic-rich foods daily

☐ I look for words such as “live/active cultures” when selecting probiotic-containing foods such as cultured milk drinks or yoghurt

☐ I eat foods rich in dietary fibres and prebiotics daily

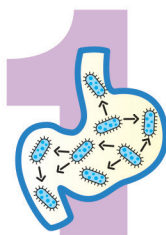
☐ I take antibiotic only when prescribed by doctors

☐ I go for less-sugar varieties of cultured milk drink/yoghurt

☐ I consume a balanced, moderate and varied healthy diet

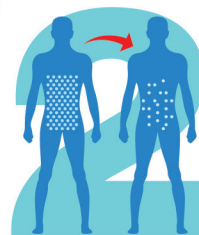
Yakult®

The scientifically proven health benefits of Yakult are :



Encourages growth of good bacteria and prevents growth of harmful bacteria in the intestines

The lactic acid produced by the Shirota strain suppresses the growth of harmful bacteria inside the intestines.



Reduces production of toxins in our body

The Shirota strain helps to prevent the growth of harmful bacteria that create and lead to intraintestinal putrefaction.



Helps prevent constipation and diarrhea

The Shirota strain produces lactic acid, which normalizes the movement of the intestine, leading to improved bowel movement. The Shirota strain also helps to prevent diarrhea caused by imbalance of our intestinal bacteria, for example due to food poisoning.



Helps enhance our body's immunity in combating infectious diseases and occurrence of cancer cells

The Shirota strain activates the NK cells (a type of immune cell), which help us fight against viruses and cancer cells.

Why Yakult?



High Quality

- More than 30 billion live probiotic good bacteria per bottle.
- Scientifically proven health benefits (413 published research papers)
- Contains Probiotic culture (Shirota strain) acknowledged in the Food Act & Regulations under purview of the Ministry of Health.
- The Shirota Strain is resistant to stomach acid.



Trusted Brand

- Popular brand in 38 countries and regions worldwide.
- Enjoyed by 35 million people everyday.



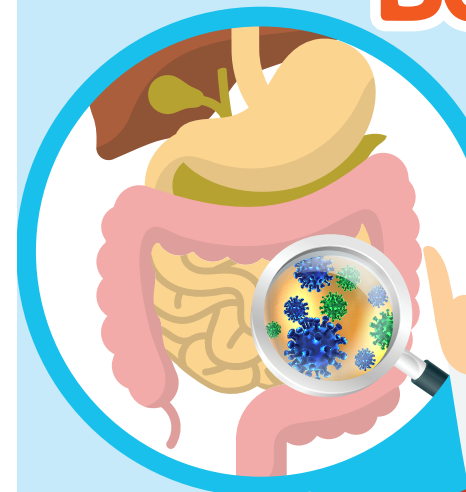
Safety Assured

- Over 80 years of history.
- HACCP Food Safety certified production facility.
- No colourings /preservatives /conditioners/stabilizers.
- Used in hospital patient meals in Malaysia, Japan and other countries.



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Good Bacteria Balance



*For good gut and
immune health*



This leaflet is part of the Nutrition Month Malaysia (NMM) 2018 “Your Only Choice: Eat Healthy & Be Active” Infographic Kit: Volume 3.

The Infographic Kit includes 11 key messages:

- 1 Basics of Healthy Diet
- 2 Stay Active Everyday
- 3 Eat Fruits and Veggies for Health
- 4 Be Informed, Make Wise Food Choices
- 5 Make Time for Breakfast
- 6 Start Your Day Strong with Milk
- 7 Fibre for Health
- 8 Go Whole Grains
- 9 Keep Your Heart Healthy
- 10 Healthy Digestive System
- 11 Good Bacteria Balance

Visit www.nutritionmonthmalaysia.org.my to obtain the full set of leaflets and other educational materials from NMM programme.

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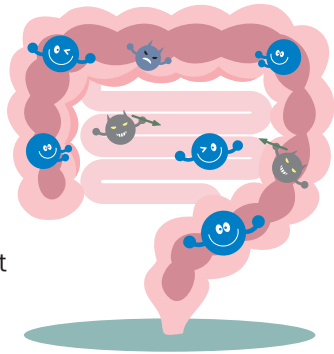
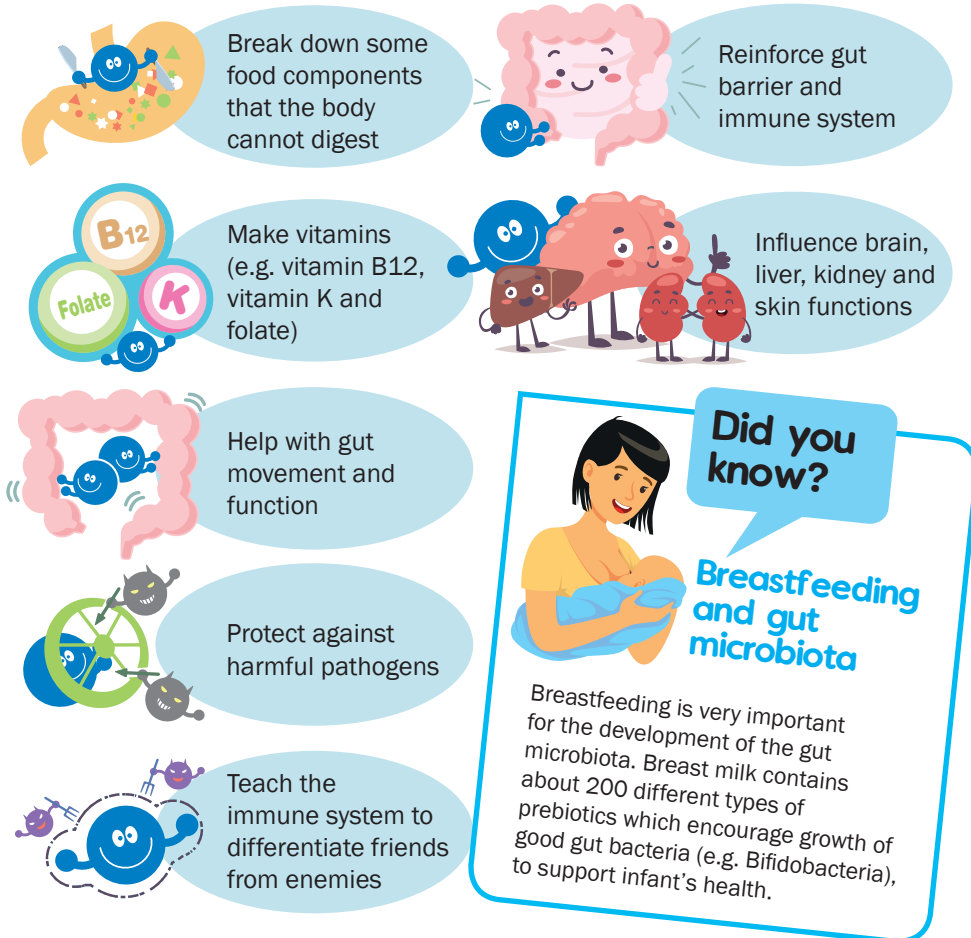
Understanding Gut Microbiota

What is it?

Gut microbiota refers to the complex and dynamic population of microorganisms, including bacteria, that resides mainly in our large intestine.

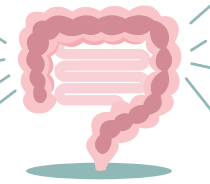
What does gut microbiota do for us?

The gut microbiota is essential to our health and affects our body from birth throughout life by controlling a range of bodily functions such as:

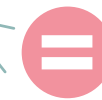


Importance of Maintaining The Balance of Gut Microbiota

Balanced gut microbiota



healthy gut



healthy immune system

Gut microbiota and gut health

A healthy and balanced gut microbiota is key to ensuring proper gut health by:

- communicating with the intestinal cells and brain to ensure proper digestion.
- helping to digest certain food components (e.g. dietary fibres).

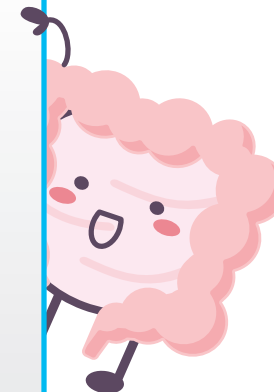
When out of balance (dysbiosis), the common symptoms experienced are diarrhoea, constipation, and excessive bloating and burping.



Gut microbiota and immune health

A balanced gut microbiota is the key to ensure proper immune health. It helps to:

- Break down toxins to be excreted.
- Colonise the gastrointestinal tract with important components of the immune system.
- Create a barrier to decrease passage of harmful pathogen, therefore decreasing infections and allergic reactions.



Tips For Healthier Gut

An ideal gut microbiota balance is achieved when good bacteria thrive.



Boost number of good bacteria by consuming probiotic-rich foods

- Examples of products containing probiotics are cultured milk drinks and yogurt.
- When looking for a probiotic product, ensure the following information are stated on the label:
 - ✓ Look for the word 'live/active cultures' or words of similar meaning
 - ✓ Contains at least 10^6 colony-forming units (cfu) per ml or per gram
 - ✓ The total number of bacteria is clearly stated
 - ✓ The genus, species and strain of the probiotic culture is stated
- Other examples of product containing beneficial bacteria are fermented foods such as tempeh.



Feed good gut bacteria with prebiotic-rich foods

- Prebiotics are a type of dietary fibre which serve as "food" for the good bacteria. Prebiotic-rich foods include onion, garlic and bananas.
- Prebiotics can also be found in pre-packaged food products such as cereals, breads, biscuits, yoghurt and beverages.

