

Healthy-Licious!

With every serving of Yogurtagogo yogurt, you'll treat your body to **live and active** probiotic cultures that help your digestive system keep the balance nature intended.

Your digestive system is central to your body's daily functions. When it's out of balance, you're out of balance. You can help give it the support it needs with just one serving of yogurt daily to feel the digestive health benefits.

So what are probiotic cultures?

Probiotics are a kind of natural bacteria that your body needs. Probiotics work to crowd out the unfriendly bacteria in your system to naturally regulate the balance of microorganisms in your digestive system. They also help to break down or convert certain types of chemicals to benefit your body.

Yogurt is also a good source of:

- Protein
- Calcium
- Magnesium
- Riboflavin
- Vitamins B-6 and B-12

How Yogurt Helps

Your digestive system performs two vital functions: absorbing nutrients and providing a barrier against potentially harmful substances and microorganisms.

So how can yogurt help?

What is the key to good digestion?

You may not realize it, but your digestive system actually contains a lot of bacteria, both friendly and not so friendly. Your system depends on the friendly bacteria to function properly. That is why maintaining a healthy balance of bacteria is key to having a healthy digestive system. This is where Yogurtagogo yogurt can help – it contains the friendly bacteria that your body needs.



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Why is healthy digestive balance important?

In large numbers, the less helpful bacteria in your system can be detrimental in two ways: 1) they can overwhelm the friendly bacteria and decrease their efficiency, and 2) in high enough numbers they can actually cause harm.

When your digestive system is out of balance, you can feel sluggish, bloated, experience indigestion, along with other bothersome symptoms. You just don't feel right.

How does my system get out of balance?

Disruptive factors like a poor diet, stress and antibiotics can all negatively affect the friendly bacteria in your body. As the number of good bacteria decreases, there's more room for harmful bacteria to move in.

What can I do to maintain a healthy digestive balance?

A few ways that you can maintain a healthy digestive balance are by enriching your diet with fiber (at least 25 to 30 grams per day), drinking plenty of water, and getting adequate exercise. Eating probiotic foods like Yogurtagogo yogurt daily can help, too.

Live and active probiotics

It is important to know that to be effective, the probiotic cultures in yogurt need to be alive and active at the time of consumption. Our yogurts meet the stringent standards set by the National Yogurt Association* for containing high amounts of live and active probiotic cultures. Not all yogurt products meet that standard.

* at least 10 million cultures per gram at the time of manufacture

Yogurt Nutrition FAQs

How can frozen yogurt contain *live and active* probiotic cultures?

In order to be beneficial to the body, these organisms must be alive at the time of consumption. The freezing process does not kill any significant amount of the cultures—in fact, during the freezing process the cultures go into a dormant state, but when eaten and returned to a warm temperature within the body, they again become active and are capable of providing all the benefits of cultures in a refrigerated yogurt product.



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Not all products termed "frozen yogurt" actually contain live and active cultures. Some so-called "frozen yogurts" use heat-treated yogurt, which kills the live and active cultures. **Yogurtagogo yogurts are NOT heat-treated.**

Why would a manufacturer heat-treat yogurt?

Companies may market "heat-treated yogurt" to prolong shelf life or decrease yogurt's natural tartness.

How will I know if a yogurt product contains live and active cultures?

Products that contain live organisms will identify themselves as containing "live and active cultures." All Yogurtagogo yogurts contain high levels of these live and active yogurt cultures - high enough to meet or exceed the requirement of the National Yogurt Association*.

* at least 10 million cultures per gram at the time of manufacture

What cultures are in Yogurtagogo yogurt?

All Yogurtagogo yogurts contain three different types of live and active cultures: S. Thermophilus, L. Bulgaricus, and L. Acidophilus. Some of our yogurts also contain a fourth live and active culture: L. Lactis. Together, these strains provide billions of live cultures in every serving of Yogurtagogo yogurt.

Is yogurt safe for children?

The natural probiotic cultures in yogurt are the kind of bacteria that are among the first to develop in an infant's digestive system. So, yes, it is safe.

If I'm having problems with my digestion, will yogurt help?

Yogurt can help your body to regulate its digestive health naturally. But yogurt is not a treatment or cure for any medical disorder or disease. If you're experiencing any difficulty or discomfort with your digestive system, you should contact a healthcare professional immediately.