



### *Should I take probiotics after I've been on antibiotics?*

Several studies have suggested that certain probiotics, taken along with and after completing antibiotic treatment, can help decrease the disruption to the normal microflora caused by antibiotics and also impact antibiotic-associated diarrhea. Ongoing research is looking at how probiotics may help maintain and restore the balance between "good" and "bad" bacteria during and after a course of antibiotics. As with any matter impacting your health, we recommend you consult your doctor or health care professional.

### *Does yogurt contain probiotics?*

Yogurts with sufficient numbers of live and active *Lactobacillus bulgaricus* and *Streptococcus thermophilus* provide a benefit for people who cannot digest the lactose in milk products and can be considered probiotics. Some yogurts contain additional probiotic cultures with specific benefits.

### *What probiotic products does Dannon make?*

**DANACTIVE™** by DANNON is a probiotic cultured dairy drink that helps strengthen your body's defenses. It contains a unique active culture called the *L. casei* Immunitas™.

**ACTIVIA®** lowfat yogurt, and **ACTIVIA Light** nonfat yogurt are made with *Bifidus Regularis™*, a natural probiotic culture and can help regulate your digestive system by helping with slow intestinal transit. **ACTIVIA** and **ACTIVIA Light** are the only yogurt products that contain this specific probiotic strain.

**DANIMALS® DRINKABLE SMOOTHIE** contain natural *Lactobacillus GG (LGG™)* probiotic culture to help kids stay healthy as part of a balanced diet and healthy lifestyle. **LGG** is the most widely researched culture in kids, with proven probiotic benefits.

### *How can I include probiotics in my diet?*

It's best to take probiotics on a daily basis, preferably by consuming probiotic yogurt and cultured probiotic dairy drinks. As foods, these yogurts and drinks are easy to incorporate into your overall diet. Several delicious fermented products, such as smoothies, yogurts and cultured dairy drinks like **DANACTIVE, ACTIVIA** or **DANIMALS** that contain probiotic bacteria can easily be incorporated into a balanced diet.

### *Can I take probiotic supplements instead of dairy probiotics?*

Probiotic supplements, usually sold as capsules, supply beneficial bacteria. However, they do not generally supply the important nutrients in probiotic dairy, like calcium, riboflavin, vitamin B12, potassium and certain amino acids. They also lack the beneficial compounds that cultures may produce during fermentation of dairy foods.

For more information on probiotics visit [www.dannonprobioticscenter.com](http://www.dannonprobioticscenter.com).

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# You asked about probiotics



The history of probiotics began in 1907, when Elie Metchnikoff, a Russian physiologist and Nobel-prize winner, suggested that acid-producing bacteria in fermented dairy products like yogurt could help lead to a longer, healthier life. He developed his theory after observing that Bulgarians in the Balkan region of Eastern Europe regularly ate and drank fermented dairy products, especially yogurt, and lived long, healthy lives. Decades of microbiological and ultimately, basic and clinical research, have backed up Metchnikoff's original theory that certain probiotics can improve several intestinal functions.

## What are probiotics?

Probiotics literally means "for life". Essentially probiotics are live cultures that, when consumed in sufficient quantities, provide health benefits beyond basic nutrition. Probiotics are sometimes added to certain foods, such as dairy products.

### What are some of the benefits of probiotics?

Research studies suggest that certain probiotics can help improve different intestinal functions, including:

- *Intestinal transit*
- *Immune function*
- *Lactose digestion*

Additionally, emerging research suggests that when intestinal function is altered it may increase the risk for developing certain intestinal disorders, including:

- *Constipation*
- *Certain infections*
- *Irritable Bowel Syndrome*

### How do probiotics work?

Researchers are discovering more and more about how probiotics may provide health benefits by altering the intestinal microflora — which is the mix of "good" and "bad" bacteria in the intestinal tract — and improving intestinal functions.

The digestive tract contains about 70 percent of the body's immune system. Microflora that interact with the digestive tract's immune system help the intestine play a major role in immunity. Consuming certain probiotics can help strengthen the body's natural defenses by providing a regular source of "friendly" bacteria to the intestinal tract, helping to correct an imbalance of the intestinal microflora and optimizing the functioning of the digestive tract's immune system and intestinal lining.

### What is the intestinal microflora?

The bacteria that live in the intestinal tract, called the intestinal microflora, begin to develop after birth. The types and number of bacteria grow once an infant starts eating foods. When the intestinal microflora is healthy, the "good" bacteria far outnumber the "bad", but stress, antibiotics, illness, aging,

diet and other factors can change the balance of microflora. A microflora imbalance may affect gastrointestinal functions and overall health.



### Do all probiotic foods offer the same benefits?

Benefits from daily consumption of probiotic foods, such as probiotic yogurt and cultured dairy drinks, may vary depending on the type and quantity of probiotic culture consumed. Several different types of probiotic cultures [(*L. casei*, *L. acidophilus*, *L. plantarum*, *B. bifidum* and *L. rhamnosus* (LGG))] are used in many dairy products around the world. In addition, the benefits associated with probiotics are strain specific and must be established through adequate clinical trials.

### Who can benefit from probiotics? Virtually everyone...

Probiotics are particularly important for children, because the immune system encounters things like microbes, foods, and allergens for the first time during childhood. Certain probiotics may help keep immune responses from overreacting and becoming hypersensitive.

Certain probiotics can help prevent the normal decline of the immune and digestive systems that begins to set in around middle age. Numerous studies have shown that foods containing probiotics can help with overall well-being as you age.

Because of age-related changes in their digestive system, adults over 60 have fewer "good" bacteria than they did when they were younger. Certain probiotics can help improve normal digestive and immune functioning and re-balance "good" and "bad" bacteria, all important considerations among seniors. Some studies have shown that regular consumption of certain probiotics has an effect on the severity of cold and flu in seniors.

