

Healthy Eating

Probiotic Powerhouse

(NAPSA)—Beneficial bacteria, known as probiotics, naturally live in our digestive tract, but they need regular replenishing. This dynamic community of microorganisms is disrupted by antibiotics, stress, alcohol, smoking, pollution and simply growing older. Fortunately, it's possible to achieve the optimal balance you need for digestive and immune health, simply by eating a cup of organic yogurt.



Organic yogurt fortified with probiotics, or beneficial bacteria, can help improve digestive health.

All organic yogurts include the starter cultures *Lactobacillus bulgaricus* and *Streptococcus thermophilus*. Meanwhile, Stonyfield Farm adds four additional cultures, including the premium probiotic culture *Lactobacillus rhamnosus*, to create a probiotic powerhouse in each cup.

“This unique blend has been clinically proven to enhance infection resistance, reduce intestinal discomfort, improve lactose tolerance and create a barrier effect against pathogenic bacteria in the intestinal tract,” explains Vicki Koenig, MS, RD, CDN.

To learn more, visit the Web site at www.stonyfield.com.