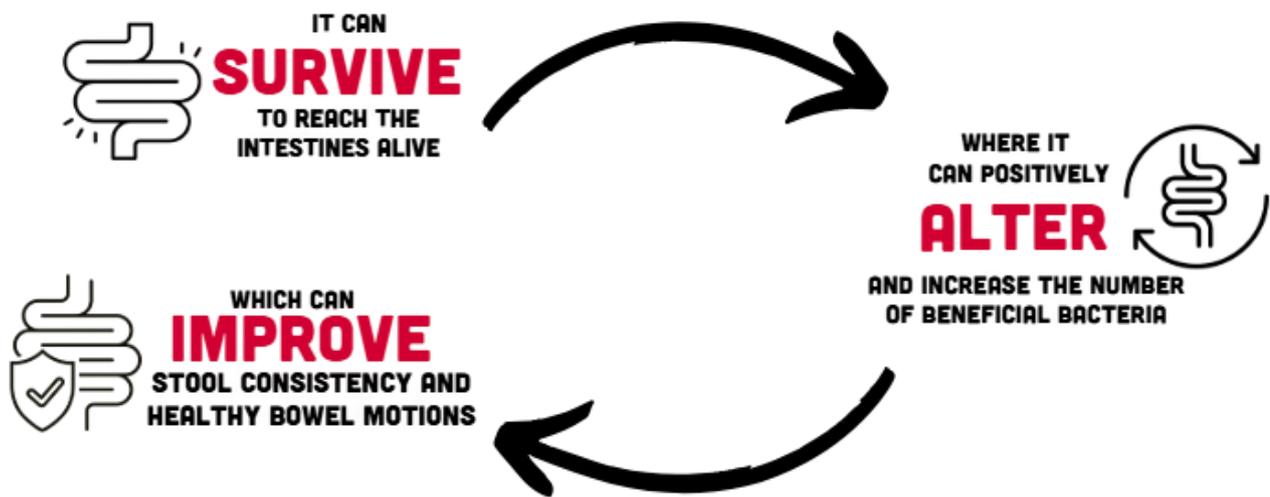


# *Lacticaseibacillus paracasei* Shirota (LcS) strain

Science has always been at the heart of Yakult, since its founder and microbiologist Dr. Shirota selected and cultured the *Lacticaseibacillus paracasei* Shirota\* Strain (LcS) in the 1930s. In the field of probiotics and microbiology, Yakult has built a reputation for quality, safety, and scientific research, with over 100 published human clinical trials. In addition to investigating the role of gut microbiota in health and disease, Yakult conducts research to explore the fundamental qualities of LcS as a probiotic. Fundamental research includes studies that demonstrate the strain's survival in the gut, its positive impact on the gut microbiota, and its ability to improve stool consistency.



when consuming LcS daily, in healthy populations

## **SURVIVAL**

Several published peer-reviewed human studies have demonstrated a statistically significant difference in faecal count (CFU/g stool) following LcS consumption for 1-2 weeks, compared to baseline or the placebo group. (1-6)

## **ALTERATION**

The ability of LcS to modulate the gut microbiota has been demonstrated in numerous peer-reviewed publications. Research has indicated that LcS intake leads to an altered gut microbiota, with an increase in beneficial bacteria, including *Lactobacillus* and/or *Bifidobacterium*, (7-12) and higher phylogenetic diversity. (13) Additionally, a reduction in pathogenic bacteria has been observed, including *Enterobacteriaceae*, (5,9) *Clostridium difficile*, (8) *Porphyromonadaceae*, and *Ruminococcaceae*. (9)

## **IMPROVING STOOL CONSISTENCY**

LcS intake has been shown in studies to positively influence the frequency of bowel movements, stool quality, and/or stool consistency. (5, 14-16)

Previously classified as *Lactobacillus casei* Shirota\*



# Product Information

## NUTRITION INFORMATION

SERVINGS PER PACKAGE: 5		SERVING SIZE: 65 ML (1 BOTTLE)	
AVERAGE QUANTITY	PER SERVE (65 mL)	PER 100 mL	
ENERGY	210 kJ 50 Cal	323 kJ 77 Cal	
PROTEIN - GLUTEN	0.8 g NOT DETECTED	1.3 g NOT DETECTED	
FAT - TOTAL FAT - SATURATED	LESS THAN 0.1 g LESS THAN 0.1 g	LESS THAN 0.1 g LESS THAN 0.1 g	
CARBOHYDRATE - TOTAL CARBOHYDRATE - SUGARS	11.5 g 11.2 g	17.7 g 17.2 g	
SODIUM	10.1 mg	15.5 mg	
Live <i>Lactocaseibacillus paracasei</i> Shirota strain *colony forming units	6.5 billion cfu* (min)	10 billion cfu* (min)	



## YAKULT ORIGINAL

Ingredients: Water, Skim Milk Powder (Reconstituted), Sugar, Dextrose, Flavouring, Live LcS strain.  
Contains: Milk

Available in a 5 pack or a 10 pack

## NUTRITION INFORMATION

SERVINGS PER PACKAGE: 5		SERVING SIZE: 65 ML (1 BOTTLE)	
AVERAGE QUANTITY	PER SERVE (65 mL)	PER 100 mL	
ENERGY	125 kJ 30 Cal	192 kJ 46 Cal	
PROTEIN - GLUTEN	0.8 g Not detected	1.3 g Not detected	
FAT - TOTAL FAT - SATURATED	LESS THAN 0.1 g LESS THAN 0.1 g	LESS THAN 0.1 g LESS THAN 0.1 g	
CARBOHYDRATE - TOTAL CARBOHYDRATE - SUGARS	5.2 g 2.8 g	4.9 g 4.3 g	
SODIUM	10.4 mg	16 mg	
MALTIITOL	5.2 g	4.9 g	
POLYDEXTROSE	2.3 g	3.6 g	
Live <i>Lactocaseibacillus paracasei</i> Shirota strain *colony forming units	6.5 billion cfu* (min)	10 billion cfu* (min)	



## YAKULT LIGHT

Ingredients: Water, Skim Milk Powder (Reconstituted), Maltitol, Polydextrose, Sugar, Dextrose, Flavouring, Sweetener (Steviol Glycosides), Live LcS strain  
Contains: Milk

Available in a 5 pack

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