

**You
are
what
you
eat**



Yakult

**PROBIOTICS
FOR WOMEN**



LISTEN TO YOUR GUT

Volume 6

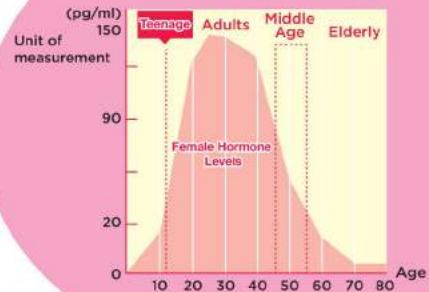
FEMALE HORMONES INFLUENCE THE HEALTH OF WOMEN A LOT

What is the difference between women and men? Only women can reproduce and bear babies. That's why women have female hormones that help them bear babies. Female hormones also influence the entire body by regulating autonomic nerves, softening blood vessels, and protecting bones, hair and skin.

AGE	FEATURES
About 18-40	The level of female hormones is at its peak, making them suitable for bearing babies.
About 40-55	The level of female hormones starts declining rapidly. Women often suffer from headache, irritation and skin troubles. The incidence of breast and cervical cancer also start increasing.
Over 55	Due to lack of female hormones, women may suffer from fragile bones (osteoporosis), hypertension, lipid abnormality and diabetes.



CHANGE OF FEMALE HORMONES BY AGING



HEALTH TIPS FOR PREGNANT WOMEN



PROTEIN

More protein is necessary to increase blood volumes and make babies grow properly.



VITAMIN & MINERALS

Supplements like Folic Acid, Iron, Zinc and Calcium can prevent birth defects and minimize nutrient deficiency.



PROBIOTICS

Probiotics can help improve digestion and absorption of nutrients, make vitamins, prevent intestinal disorders such as constipation.



LIGHT PHYSICAL EXERCISE

Light physical exercises ensure that you and your baby remain at the healthiest best both physically and mentally.

Pregnant women and young mothers often suffer from constipation due to lack of exercise, stress, loss of water due to breastfeeding. Also, due to pregnancy & childbirth their muscles become weak.

Study 1: Constipation and hemorrhoids are common complaints after childbirth. An interesting study conducted in Belgium on forty healthy pregnant women in the age group of 18-40 years after childbirth showed that continuous consumption of fermented milk containing LcS (Yakult's unique probiotics) for a period of 6 weeks might reduce constipation-related symptoms, improve bowel habits and reduce hemorrhoids after childbirth. Ref: Sakai T (2015)





What nutrients do for you during pregnancy?

Do you know that calorie intake varies in every stage of pregnancy?

FIRST TRIMESTER

2000 calories

SECOND TRIMESTER

2300 calories

THIRD TRIMESTER

2500 calories

NUTRIENT	AMOUNT PER DAY	WHAT IT DOES FOR YOU	SOURCES
Protein	Approx. 80 gms	Growth and development of foetus	Milk, milk products, eggs, fish
Calcium	1200 mg	Development of baby's bones	Milk and dairy products
Iron	35 mg	To prevent anemia	Green leafy vegetables, apples and bananas
Iodine	200 mcg	Iodine also helps your baby's brain and nervous system development	Iodized salt
Vitamin A	800 mcg	Improves vision and immune system	Mangoes, carrots, tomatoes
Vitamin B 12	1.2 mcg	To prevent anemia in mothers and neural tube defects in babies	Milk, milk products and eggs
Vitamin D	400 IU	Fetal skeletal growth and development	Milk, fish and eggs

Scientists say that the mother's food consumption during pregnancy influences her baby's development throughout pregnancy.

IMPORTANT HEALTH TIPS FOR WOMEN IN THEIR 40-50s

Due to a considerable reduction in female hormones and a sedentary lifestyle, women in their 40-50s often experience headaches, irritation, skin trouble, fragile bones (osteoporosis), hypertension, lipid abnormality and diabetes. The risk of breast and cervical cancer also increases.

ANXIETY FOR FREQUENT DISEASE FOR WOMEN - Get your routine health check up and the recommended breast & cervical cancer and bone density screening done regularly. Make sure you get your recommended dose of Vitamin D and Calcium to maintain integrity of the skeleton.

ARE YOU EASILY TIRED? Avoid snacking on high calorie foods and choose fresh fruits with a few nuts to get that instant energy.

WEIGHT GAIN - As we get older, we need fewer calories. Attack your hunger pangs with a glass of milk or a fruit.

HORMONAL IMBALANCE - Consuming oils in nuts and seeds may help normalize hormone levels.

DEPRESSION AND IRRITABILITY - Foods such as oats, almonds, cashew, flaxseeds, etc. increase your "Happiness Hormone" called Serotonin that helps in improving mood, making you happier.



**MAKE YOUR
KITCHEN
YOUR CLINIC**

- **Healthy breakfast** to kick start your day and boost metabolism.
- **Bone up on Calcium** with dairy products such as milk, curd etc., which are great sources of Calcium and Vitamin D.
- **Whole, plant-based foods** rich in Carotene and help in reducing your risk of breast cancer.
- **Go green with Spinach** to replenish the iron which is lost during menstruation.
- **The friendly Probiotics** help in preventing digestive disorders and boosting the immune function.

**LcS HAS
THE POTENTIAL
TO IMPROVE
IMMUNITY AND
REDUCE THE
RISK OF
CANCER**

Breast Cancer

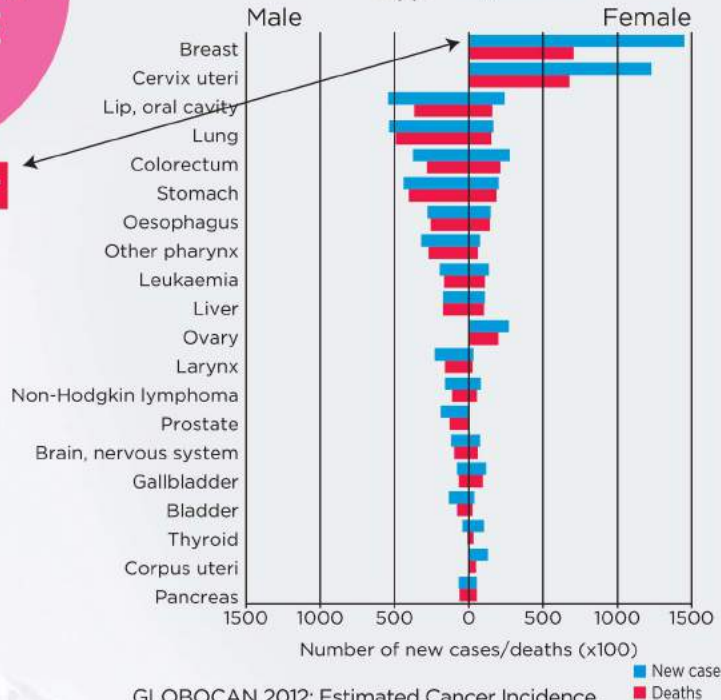


India

International Agency for Research on Cancer



**World Health
Organization**



GLOBOCAN 2012: Estimated Cancer Incidence, Mortality and Prevalence Worldwide in 2012 [WHO]

Probiotics offer huge health benefits. Not only are they important for easing digestive disorders, research shows these beneficial microbes may support immunity.

Study 1: Breast Cancer - A recent study in Japan on 968 women in the age group of 40 – 55 years by Dr. Masakazu Toi revealed that consuming LcS containing probiotic fermented milk at least 4 times a week reduced the risk of developing breast cancer by about 50%.

(Ref: Toi M et al (2013) *Curr Nutr Food Sci* 9(3):194-200)

Note: This leaflet is created to share healthy tips and some scientific evidence of LcS. Yakult is a probiotic fermented milk drink with LcS and is not intended to diagnose, treat or cure any disease.

(LcS - *Lactobacillus casei* strain Shirota)

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