Brookside

UPGRADE YOUR GUT HEALTH

New
Flax Seeds and Marzipan Yoghurt

New
Apple Cinnamon and Chia Seeds Yoghurt



CONTAINS OMEGA 3 **CONTAINS FIBRE**

Healthy Tummy, Happy You.

ABOUT PROBIOTICS

Probiotics are live microorganisms that offer health benefits when consumed in adequate amounts. They are often called "good bacteria", they support a healthy digestive system. Brookside Probiotic Yoghurt contains live cultures that strengthen immunity and support better digestion. Each cup also delivers 13 essential nutrients found in regular milk – including protein, calcium, potassium, phosphorus, vitamins A, B2, B3, B5, B12, D, zinc, selenium and iodine -supporting bone health, immune function, energy and overall development.



THE BENEFITS OF PROBIOTICS

Fight off bad bacteria and restore balance in the gut

Protect the gut lining, blocking harmful bacteria from entering the bloodstream

Support immune function and reduce inflammation

Assist in breaking down and absorbing medications.

Aid digestion by helping break down food

Improve overall nutrient absorption (e.g., vitamins, minerals)

NEW FLAX SEEDS AND MARZIPAN YOGHURT

Combining Prebiotic fibre and omega-3s from flax with gut-friendly probiotics, this is a powerhouse snack for improved digestion, heart health, satiety and blood sugar regulation.

KEY HEALTH BENEFITS

- **Weight management and Satiety:** High fibre increases fullness and reduces overall calorie intake.
- **Heart & Cholesterol Management:** Flaxseed ALA omega-3s and soluble fibre work together to lower LDL cholesterol and support healthy blood pressure
- **Improved Digestion & Gut Health:** Probiotics balance gut bacteria while high fibre promotes regularity.







NEW APPLE CINNAMON AND CHIA SEEDS YOGHURT

Chia seeds and probiotic yoghurt create a potent symbiotic snack that optimises gut health, improves digestion and boosts satiety. Prebiotic fibre in chia seeds feeds beneficial gut bacteria, reducing inflammation and helps in weight management and energy levels.

KEY HEALTH BENEFITS

- **Optimal Gut Health & Digestion:** Chia prebiotic fibre feeds live probiotic cultures, boosting the production of short-chain fatty acids that nourish the gut lining.
- **Heart & Bone Health:** Extended Satiety & Weight Management: High fibre content curbs hunger and supports healthy weight.
- **Chia Seeds deliver Calcium and Magnesium:** Yoghurt adds Vitamin D which, in addition, helps improve bone density and heart health.
- **Improved Blood Sugar Control:** Fibre slows digestion, preventing sugar spikes and promoting steady energy.

Brookside's new Flax Seeds and Marzipan Yoghurt & new Apple Cinnamon and Chia Seeds Yoghurt are fresh yoghurt, made with real fruits and no preservatives. Keep refrigerated.

Available in 250g and 450g cups.