



**Subject**

Your Duphalac Newsletter – Getting to the bottom of things

**Body**

Dear Ms./Mrs. ...,

Dear Mr. ...,

The free Duphalac Newsletter will provide you with interesting tips on a regular basis on what you can do for healthy digestion.

**What is all the hype surrounding probiotics?**

You'll see them in the refrigerated foods section of every grocery store – the so-called probiotic foods. But do these yoghurts and drinks really help?

Probiotics in yoghurt and other foods are living micro-organisms- primarily lactic acid bacteria. Through the addition of probiotic cultures, further bacteria make their way into the intestinal tract in where they can have a positive influence on the health and well-being of their host. Probiotic dairy products are foodstuffs and are not medicines.

Prebiotics, as opposed to probiotics, are indigestible carbohydrates that stimulate the growth of bacteria in the intestines. This way, the body gets a chance to help itself. Lactulose belongs to the prebiotics group and provides an opportunity for positively influencing the action of the bowels without medicine.

Your Duphalac-Team

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