

## What is Activia?

Activia® is a yogurt that may help to relieve constipation. It comes in 8 regular flavors, 7 light flavors, 10 Greek flavors, 5 light Greek flavors and 4 Fiber flavors.

The regular Activia flavors are:

- Black Cherry
- Blueberry
- Strawberry
- Vanilla
- Peach
- Mixed Berry
- Prune
- Strawberry- Banana

The Activia Light flavors are:

- Vanilla
- Strawberry- Banana
- Blueberry
- Raspberry
- Key Lime
- Strawberry
- Peach

The Activia Greek flavors are:

- Strawberry Patch
- Garden Blueberry
- Vanilla
- Orchard Peach
- Tropical Fruit
- Black Cherry
- Raspberry
- Key Lime
- Toasted Coconut
- Banana Cream

The Activia Greek Light flavors are:

- Strawberry
- Blueberry
- Cherry
- Peach
- Vanilla

The Activia Fiber flavors are:

- Pineapple and Cereal
- Strawberry and Cereal
- Vanilla and Cereal
- Peach and Cereal

In most cases people see improvement within 2 weeks of eating Activa. It is important to keep eating it to keep your system regulated.

### **What is DanActive?**

DanActive is a yogurt that may help to relieve diarrhea. It comes in 4 regular flavors and 1 light flavor.

The DanActive **regular** flavors are:

- strawberry-banana
- strawberry
- vanilla
- strawberry-blueberry

The DanActive **light** flavor is strawberry- mixed berry.

You can eat 1 or more a day. We recommend that you eat DanActive regularly.

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