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HEALTH CLAIMS YOBA PROBIOTIC YOGHURT

The following health related claims and statements can be made about Yoba probiotic yoghurt, provided the product is produced according to Yoba yoghurt production guidelines and consumed within the shelf life period on a regular basis with a dose of at least 100 ml for children and 200 ml for adults.

Notes:

1. **The claims listed above are in agreement with the valid regulation on probiotic health claims for *Lactobacillus rhamnosus* GG, the bioequivalent of *Lactobacillus rhamnosus* yoba 2012, in at least one of the following countries: Canada, South Africa, Brazil, Mexico, The Netherlands, and Spain. See references below**
2. **All claims are backed-up by clinical studies published in peer reviewed publications. See for a recent review including randomized controlled trials, meta-analysis, Cochrane Review, guidelines of Scientific Societies and studies in which results were evaluated by means of relative risk, odds ratio, weighted mean difference 95% confidence interval: Capurso L. Thirty Years of *Lactobacillus rhamnosus* GG: A Review. J Clin Gastroenterol. 2019 Mar;53 Suppl 1:S1-S41. doi: 10.1097/MCG.0000000000001170.**
3. **The word "gut" may be replaced by the "digestive tract".**
4. **The words “gut flora” may be replaced by “gut microbiota” or “collection of gut microbes” or “collection of gut bacteria”**
5. **Variations and combinations of claims listed here are allowed, provided that the new formulated claims are not resulting in over-statements compared to the original claims listed above.**
6. **“When ingested on a regular basis” can precede the claims listed above**

- Yoba Yoghurt
  - is a probiotic yoghurt
  - contains probiotic bacteria that naturally form part of the gut flora
  - provides live microorganisms that naturally form part of the gut flora
  - contributes to a healthy gut flora
  - provides live microorganisms that contribute to a healthy gut flora
  - helps to support intestinal/gastrointestinal health
  - could promote a favorable gut flora
  - helps to manage acute infectious diarrhea / could help to protect against infectious diarrhea
  - helps to manage and/or reduce the risk of antibiotic-associated diarrhea / could help to protect against antibiotic-associated diarrhea

- should improve or normalize the microbial balance in the human intestines and enhance functioning of the digestive tract/gut
- may contribute to gastrointestinal health
- helps supporting gastrointestinal health by contributing to a natural healthy gut flora
- relies on proven support to help managing occasional digestive upset
- is a good choice when it comes to better digestive care
- is a fermented milk
- contains live cultures
- contains *Lactobacillus rhamnosus* yoba 2012
    - (*Lactobacillus rhamnosus* Yoba 2012 is the generic variant of *Lactobacillus rhamnosus* GG, a clinically proven effective probiotic strain
    - *Lactobacillus rhamnosus* GG has been administered in over 200 human clinical trials, 100 of which were in children, making it the best documented probiotic currently available
    - *Lactobacillus rhamnosus* GG promotes better digestive and overall good health

In addition to all of the above, the following statements can be made about *Lactobacillus rhamnosus* GG, the bioequivalent of *Lactobacillus rhamnosus* yoba 2012:

- has been associated with fewer instances and shorter episodes of loose and watery stools and normal bowel habits
- has been associated with fewer hospitalization-related digestive system issues and fewer respiratory tract discomfort that can occur following hospitalization
- has been associated with fewer respiratory challenges that last more than three days and significantly less days with signs of respiratory discomfort
- has been associated with healthier teeth and with lower levels of specific bacteria that contribute to poor oral health
- has been associated with a reduction in the incidence of loose stools that travelers commonly experience when traveling in countries, regions and areas which present a higher risk of being exposed to unfamiliar bacteria (a.k.a. traveler's diarrhea)
- has been associated with significantly higher levels of antibodies (natural proteins integral to immune system function), supporting immune health

List of references related to health claims for *L. rhamnosus* GG in selected countries

1. Canada
    a. https://www.canada.ca/en/health-canada/services/food-nutrition/food-labelling/health-claims/probiotic-claims-food.html
    b. https://inspection.canada.ca/food-label-requirements/labelling/industry/health-claims-on-food-labels/eng/1392834838383/1392834887794?chap=10
    c. http://webprod.hc-sc.gc.ca/nhpid-bdipsn/atReq.do?atid=probio
2. Brazil: http://antigo.anvisa.gov.br/documents/10181/5809185/IN_76_2020_.pdf/dfd37f9a-678f-4d04-86e7-d44a8ee9490b

3. South Africa
https://www.westerncape.gov.za/text/2016/August/regulations_-_relating_to_the_labelling_and_advertising_of_foodstuffs_-_r_1055_of_2002.pdf
4. Spain
https://www.ipaeurope.org/wp-content/uploads/2020/11/202010-QA-SpainProbioticos_alimentos.pdf
5. Netherlands, Denmark. Poland
https://www.ipaeurope.org/denmark-authorises-the-use-of-the-term-probiotic-on-food-supplements-labels/

Additional references related to functionality of *Lactobacillus rhamnosus* GG.

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14. Mack DR, Michail S, Wei S, McDougall L, Hollingsworth MA. Probiotics inhibit enteropathogenic E. coli adherence in vitro by inducing intestinal mucingene expression. Am J Physiol Gastrointest Liver Physiol. 1999;276(4 39-4):G941-G950.
15. Reunanen J, von Ossowski I, Hendrickx A, Palva A, de Vos W. Characterization of the SpaCBA pilus fibers in the probiotic Lactobacillus rhamnosus GG. Appl & Environ Microbiol. 2012;28(7):2337-2344.
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17. Mack DR, Ahrne S, Hyde L, Wei S, Hollingsworth MA. Extracellular MUC3 mucin secretion follows adherence of lactobacillus strains to intestinal epithelial cells in vitro. Gut. 2003;52(6):827-833.
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This document has been composed in good faith and with all available knowledge today by the board members of Yoba for Life:

Prof Dr Remco Kort and Dr Wilbert Sybesma MBA

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