



Yo-Plus™ Antioxidant Yogurt and Your Health

Supports a Healthy Immune System

Did you know that the added antioxidant vitamins A and E in Yo-Plus help keep your body healthy? Antioxidants work to keep cells healthy by protecting them from the damage of oxidation. Yo-Plus Antioxidant yogurt is rich in antioxidant vitamins A and E, both essential to support a healthy immune system.

Vitamins A & E — Americans Aren't Getting Enough

Approximately 50% of Americans do not get the recommended amount of vitamin A and more than 75% are not consuming the recommended amount of vitamin E.* Now, new Yo-Plus Antioxidants helps you get these important antioxidants while providing the unique and satisfying great taste of Blackberry Pomegranate and Raspberry Cranberry.

*NHANES 2003-04. Dept. of Health and Human Services, Centers for Disease Control.

<http://www.cdc.gov/nchs/nhanes.htm>

Who can benefit from eating Yo-Plus yogurt?

Yo-Plus is beneficial for people of all ages.

Why is Yo-Plus yogurt different from other yogurt products?

Yo-Plus provides the same great benefits as other Yoplait® products, plus has an additional health benefit of antioxidants.

How often should I consume Yo-Plus yogurt?

Enjoy Yo-Plus every day to help maintain a healthy immune system.

Enjoy the Great Taste of Pomegranate

Well-known in Mediterranean cuisine, pomegranate bursts with a light sweet-tart flavor that blends naturally with yogurt for a refreshing and unique taste experience.



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