

## TOP TIP

To boost **gut health**, eat more foods rich in **probiotics**. Yoghurt is rich in live cultures that improve digestion, boost immunity and reduce discomfort. At PnP, we use a specific and well-proven probiotic called BB12 in some of our delicious yoghurts.



**FOR FREE DIETARY ADVICE,**

contact the Pick n Pay dietitian at [healthhotline@pnp.co.za](mailto:healthhotline@pnp.co.za)