

5 Reasons HapiSoy's plant yoghurts are good for YOU?

- The live **probiotics** in yoghurt promote the growth of beneficial microflora in the digestive tract. Research has shown that a **balanced gut microbiome (good gut health)**:

- supports the immune system;
- enhances digestive health; and
- lowers risk of metabolic diseases, i.e. obesity and diabetes

- The **prebiotic fibre** that comes from the soybeans, barley and legumes supports good digestive health.

- HapiSoy's plant yoghurts contain the **3 essential macronutrients** that our body needs:

(1) **Good carbohydrates** for energy. (These come from the yoghurt's wholegrains and legumes.)

(2) **Good fats** for energy storage. (Unlike coconut milk yoghurts which are high in saturated fats (15-25%), there is **no trans fat and minimal saturated fats** in HapiSoy's plant yoghurt, which is good for minimising the risk of heart disease, stroke and obesity); and

(3) **Protein** for the building of bones, muscle, skin, blood and cartilage. (The protein content of HapiSoy's plant-based yoghurts is equivalent to most dairy-based yoghurts.)

- HapiSoy's yoghurts involve a lengthy fermentation of soy that allows the probiotic bacteria to produce **vitamin K2**. This vitamin K2, menaquinone, stays in the body longer and performs many roles in the body along with Vitamin D, calcium and magnesium, i.e.

1. Helps maintain strong healthy bones;
2. Helps keep arteries flexible and youthful; and
3. Helps make sure the calcium in your bloodstream ends up in your bones and not in your arteries, heart valves and organs

- MOST IMPORTANTLY, HapiSoy's natural yoghurt **tastes creamy and delicious**. It is great when mixed with granola and fruits for a convenient and healthy high-energy breakfast.



**MADE in AUSTRALIA from mainly Australian ingredients,
HapiSoy's yoghurts are fermented plant-based foods that are
GOOD FOR YOU!**

What differentiates HapiSoy's plant-based yoghurt from coconut yoghurt?

	HapiSoy's plant-based yoghurt	vs	Coconut yoghurt
Taste?	Creamy with a soybean taste		Creamy with a coconut taste
Good for the gut?	Contains both prebiotic fibre and probiotics		Contains only probiotics, but no prebiotic fibre
Plant ingredients used?	Made from whole ingredients, using barley wholegrains, organic soybeans and chickpeas		Made from coconut milk or cream
Protein content?	Protein content is equivalent to most dairy yoghurts		Has no proteins
Fat content?	There is no trans-fat and minimal saturated fats		Has a high level of naturally occurring saturated fats, that can range from 15-25%. Eaten everyday could mean unwanted fat accumulation within the body. Foods that are high in saturated fats, lead to increases in cholesterol, which leads to the development of fatty deposits in arteries, and therefore increases the risk of heart disease and stroke.
Other benefits?	The fermentation of soy allow the probiotic bacteria to produce vitamin K2, which together with calcium, help maintain strong healthy bones and keep the arteries flexible and youthful.		N/A