

## Why is good Digestive Health important?

Keeping your digestive system running smoothly helps you to stay active and feel your best because good Digestive Health keeps you free of conditions like bloating and constipation. Even better, the digestive system is closely tied to your body's overall health and well-being, so promoting Digestive Health is an important part of keeping your body feeling its best.

A primary function of our digestive system is to process the food we eat into nutrients that can be used by our body. Another important function of digestion is to provide a barrier against potentially harmful substances. Keeping your digestive system healthy allows both of these processes to work to the fullest.

Join those who have already experienced delicious *LiveActive* products and discover for yourself how you can promote healthy digestion every day, to help you stay active and feel your best.

Visit [LiveActiveFoods.com](http://LiveActiveFoods.com) to join the *LiveActive* Movement!



## Help promote your Digestive Health with these delicious flavors!

### *LiveActive* COTTAGE CHEESE

from *Breakstone's* and *Knudsen*

PLAIN • PINEAPPLE • MIXED BERRY

### *LiveActive* NATURAL CHEESE SNACKS

from 

CHEESE STICKS  
CHEDDAR • 2% COLBY JACK  
MOZZARELLA

CHEESE CUBES  
2% WHITE CHEDDAR • COLBY JACK



See [LiveActiveFoods.com](http://LiveActiveFoods.com)  
for additional information on Digestive Health.

## Ready to take the first step toward Digestive Health?



# Here are steps you can take towards Digestive Health

- 1** Get more exercise.
- 2** Drink more water.
- 3** Eat more fruits and vegetables in your daily diet.
- 4** Try new *LiveActive* cottage cheese and cheese snacks.

## COTTAGE CHEESE



### Eat active.

*LiveActive* cottage cheese is a great tasting snack everyone can enjoy that combines BREAKSTONE'S or KNUDSEN cottage cheese with prebiotic fiber, a natural dietary fiber that helps promote Digestive Health.

### Feel active.

*LiveActive* cottage cheese contains prebiotic fiber to help keep your digestive system happy. Prebiotics are non-digestive fibers that serve as a food source for good bacteria in the gut, also known as probiotics.

### *LiveActive.*

Enjoy *LiveActive* cottage cheese in all three ways in Plain, Pineapple or Mixed Berry, made with real fruit. *LiveActive* is a perfect snack anytime of day to help you stay active and feel your best.

## NATURAL CHEESE SNACKS



### Eat active.

*LiveActive* is the natural cheese snack everyone can enjoy that combines the great taste, calcium, and protein of KRAFT cheese with a live beneficial culture that helps promote Digestive Health.

### Feel active.

Live beneficial cultures are found naturally in the digestive system and aid in its normal operation. The live beneficial culture in *LiveActive* cheese is special because it is probiotic, which means it positively affects the digestive system when eaten.

### *LiveActive.*

*LiveActive* cheese is available as both individually wrapped Sticks and bite-size Cubes in 5 delicious varieties - perfect for at-home and on-the-go snacking. Try a serving of delicious *LiveActive* natural cheese snacks every day to help you stay active and feel your best.



Eat active.



Feel active.



*LiveActive.*