



Oakhurst Plus NU-TRISH Milk

All The Natural Goodness Of Milk Plus Probiotics

What are probiotics? Probiotics are live microorganisms, or active cultures, that are added to some foods to increase the number of “good bacteria” that live in your intestinal tract and provide health benefits.

What active cultures are added to Oakhurst Plus NU-TRISH Milk?

- Lactobacillus acidophilus
- Bifidobacterium bifidum (bifidus)



Why do I need additional probiotics in my diet? Because the numbers and actions of “good bacteria” in your system may be reduced due to:

- A diet high in refined foods and alcohol, and low in fruit, vegetables, whole grains and beans
- The use of antibiotics
- Aging, stress, surgery
- Smoking and exposure to chemicals such as air pollution

How can the probiotics found in Oakhurst Plus NU-TRISH Milk help?

Adding Oakhurst Plus NU-TRISH to your diet can:

- Boost the immune system
- Improve digestion
- Increase absorption of some nutrients
- Allow those with lactose sensitivity to better digest milk
- Reduce the risk and symptoms of some food allergies

Who might benefit from the probiotics in Oakhurst Plus NU-TRISH Milk?

Anyone trying to improve their immune system and in particular:

- People with lactose sensitivity
- Those who have food allergies
- People with intestinal issues
- Anyone currently taking or who has recently taken antibiotics
- Anyone who is undergoing stress
- People trying to maximize the absorption of certain nutrients
- Women with frequent urinary or genital tract infections
- Older adults
- People with poor nutritional intake

Because of the added cultures, does Oakhurst Plus NU-TRISH Milk taste like yogurt? No. Because the active cultures are added to the milk just before capping and the cultures do not ferment. NU-TRISH looks and tastes just like all the other naturally delicious Oakhurst milks.

How does the amount of cultures in Oakhurst Plus NU-TRISH milk compare with yogurt? NU-TRISH milk and most yogurts contain similar amounts of active cultures.

If I drink NU-TRISH milk at all my meals and have yogurt for a snack, can I get too many probiotics? No. The beneficial microbes in your intestinal tract need to be replaced on a regular basis and are considered a healthy addition to your diet without concern for overdose.

Can I cook with Oakhurst Plus NU-TRISH and retain probiotic benefits? Probiotics won't survive if heated above 100 degrees F. However cooling and freezing won't harm the live cultures. Try using NU-TRISH with your:

- Cold or already cooked cereals
- Non-cooked pudding
- Fruit smoothies or cold fruited soup

Why get active cultures from milk instead of a supplement? In addition to the probiotic benefits, Oakhurst Plus NU-TRISH is:

- A great way to get both calcium and protein at once
- A good source of Vitamin D for healthy bones, muscles, and other body tissues
- A good source of protein for older adults who have trouble chewing some other protein foods
- Higher in calcium than many other food sources
- Available in lowfat or non-fat versions to help reduce the risk of heart disease and weight issues
- A good source of nine essential nutrients for relatively few calories
- A good source of both carbohydrates and protein to keep energy levels more consistent throughout the day and allow for better control of total calories consumed

Any information provided is not intended to diagnose, treat, cure, or prevent any disease, or to give medical advice. Always consult your family health practitioner before altering your personal health regimen.

