

Frequently Asked Questions - YogActive

What food ingredients cause the majority of food-related allergic reactions in Canada?

The food products most commonly associated with severe allergic reactions in Canada are eggs, milk, peanuts, seafood, sesame, soy, sulphites, tree nuts, and wheat. These are otherwise known as the priority allergens. Food allergies can affect people of all ages. However, they are particularly common in children.

What allergens are present in YogActive cereals?

YogActive cereal boxes list all the products used in the preparation of our cereals. The list may also contain a statement in which we mention the possible presence of peanuts and nuts. This means that the product may have come into contact with equipment that is used to produce cereal varieties that contain peanuts or nuts.

Do you have products for persons with diabetes?

No, at this time we do not offer products for a diabetic diet.

I follow a low-sodium diet. Does YogActive have sodium free or low sodium cereals?

The recommended maximum sodium intake set by Health Canada is 2300 mg per day. The content of sodium varies in all our cereals from 70 mg to 135 mg per serving. Our newest cereal (Tandem) has only 70 mg of sodium per serving. Therefore, our cereals are suitable for a low-sodium diet.

Do you have any gluten-free products?

At this time we do not manufacture any gluten-free cereals.

How can I know the expiry date of YogActive cereals?

All our cereal boxes bear three sets of numbers. The first two digits = the year of production, the following three digits = the day of production (according to the Julian calendar) and the last set = the time of production. Our products have a shelf life of 18 months from the date of production.

Are there any YogActive cereals that do not contain wheat?

No. All our cereals contain wheat.

Are the mono and diglycerides in YogActive cereals derived from vegetable or animal sources?

The mono and diglycerides found in our cereals come from vegetable sources.

Do YogActive cereals contain artificial colors or flavors?

No, our cereals do not have artificial colors or flavors.

Do YogActive cereals contain GMOs?

No, we do not use genetically modified organisms or ingredients.

Are YogActive cereals a Canadian product?

YogActive is owned by a family company named A & V 2000 Inc. located in Québec, Canada. Our cereals are manufactured in Germany by Bruggen.

Why do you use an aluminum bag in your boxes?

The packaging ensures freshness and it prolongs the viability of the probiotic ingredients.

What is a probiotic?

The term probiotic literally means “for life”. Probiotics are beneficial live bacteria found in the intestinal tract. Given the fact that 70% of the body’s natural defences are inside the digestive tract, probiotics, when consumed on a daily basis, may be beneficial in strengthening the body’s natural defences. Many health benefits have been attributed to probiotics such as helping to raise the level of HDL (good) cholesterol and maintaining a healthy intestinal environment. Our cereals are made up of 15% Lactobacillus acidophilus (LA-5) per portion and are packed in an aluminum bag to ensure preservation of the beneficial properties.

What is a prebiotic?

Prebiotics are food ingredients that stimulate the growth of beneficial bacteria in the gut.

What is the recommended daily fibre intake?

The recommended daily intake is 30 grams of fibre per day.

What is Inulin?

Inulin is a natural type of soluble fibre derived from chicory and other plants. Inulin is also known as a prebiotic, which is a substance that stimulates the growth of “good” or “friendly” bacteria. Increasing the number of good bacteria helps reduce the presence of bad bacteria and thus helps to maintain a healthy gut flora.

How much Inulin do I need?

Nutritional studies suggest that the recommended intake of inulin to help increase the number of good bacteria in the gut is at least 5 g per day. Our newest cereal (Tandem) contains 3g of inulin per 41 g serving.

From a calorie standpoint, are YogActive cereals a good breakfast choice?

YogActive cereals are a good breakfast choice when eaten with a bowl of 1% milk. The calorie intake is about quarter that of a breakfast composed of a bagel or a donut, eggs and a cup of coffee.