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YAKULT SUCCESSFULLY EMPOWERS PARENTS THROUGH "THRIVE LITTLE ONE" WORKSHOP IN JOHOR BAHRU

JOHOR BAHRU – Yakult (Malaysia) Sdn Bhd recently concluded its highly anticipated "Thrive Little One with Yakult" workshop, an educational initiative designed to equip parents with science-backed knowledge on infant care and maternal gut wellness. The exclusive event, held on Saturday, 18th July 2026, at the Grand Paragon Hotel, Johor Bahru, was met with an overwhelming response, successfully hosting 110 participants.

As the leading advocate for digestive well-being, Yakult spearheaded this initiative to highlight the critical importance of a balanced gut microbiome during the first 1,000 days of a child's life. The workshop also underscored Yakult's commitment to supporting mothers by promoting optimal postpartum recovery through the proven benefits of probiotics.

The program featured comprehensive sessions led by a panel of esteemed industry experts. Pn. Maslina, Nutrition Science Officer from KK Taman Cendana, delivered an insightful presentation titled *Perut Ceria, Anak Hebat: Pemakanan 1000 Hari Pertama Kehidupan Ibu dan Bayi*, providing attendees with essential guidelines on early-life nutrition. Following this, Certified Lactation Counselor Nad Masrom guided parents through *The Art of Breastfeeding & Baby Care*. Reaffirming Yakult's core message of holistic wellness, En. Aliff, Public Relations Officer at Yakult Malaysia, led an engaging cooking demonstration, illustrating simple ways to incorporate probiotics into daily meals.

Emphasizing the core philosophy driving the event, Ms. Mazlyn Mena Mustapha, Associate Director of the PR & Science Division of Yakult (Malaysia) Sdn Bhd, noted the brand's scientific heritage. "Our commitment at Yakult (Malaysia) Sdn. Bhd. is rooted in robust scientific research and a dedication to quality," she said, highlighting the scientific foundation behind Yakult's products. "The [*Lactocaseibacillus paracasei* Shirota strain \(LcS\)](#) in Yakult has been the subject of decades of scientific study, demonstrating its ability to survive the digestive tract and contribute to a stronger gut environment, which is intricately linked to overall well-being for both mother and baby."

While Yakult served as the primary driver and principal organizer of this wellness initiative, the workshop's comprehensive success was bolstered by the generous support of key sponsors who share a mutual dedication to family vitality. Acknowledged sponsors include Applecrumby, Buds Organics, Hello Doktor, Mama's Choice, Love Earth, Libresse, Pikalula, GNUBKINS, ZenXin Organic, Momcozy, Mom More Milk, zéramom, The Little Gym, Softlove x Sally, Numom, and Drypers.

For more information on Yakult's activities, visit Yakult's website at www.yakult.com.my.