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Press Release

Yakult Malaysia partner with Columbia Asia Hospital Taiping to Promote Gut Health Through Its "A Healthier Gut Starts Young, Starts Within" Program.

TAIPING, 15 August 2026 - Yakult Malaysia, in partnership with Columbia Asia Hospital Taiping, successfully hosted the "A Healthier Gut Starts Young, Starts Within" program at Hua Lian High School to raise awareness about the importance of digestive wellness among children and parents. The initiative brought together more than 100 parents and children for an interactive and enjoyable day focused on building healthy lifestyle habits.

The event featured a diverse lineup of activities, including educational health talks, free health screenings, children's coloring contest and an interactive hands-on yogurt bowl-making workshop.

"Our gut is central to our overall well-being, and through initiatives like this, we hope to empower the community with vital health knowledge while bringing health and happiness to all. This aligns closely with Yakult's core philosophy," said Ms. Mazlyn Mena, Associate Director of the PR & Science Division at Yakult Malaysia.

Through interactive and hands-on nutritional workshops, participants gained insights into the importance of gut bacteria and learned valuable knowledge about maintaining a healthy digestive system.

In fact, gut health is more than just digestion. Beyond helping our bodies absorb nutrients, a healthy gut also plays an important role in supporting the immune system and the gut-brain connection.

"To nourish the gut, we can consume high-fiber foods or incorporate probiotics into our diet to support the beneficial bacteria in our gut," said Ms. Crystal, Dietitian from Homey Food Marketing Sdn. Bhd.

To further enrich the attendee experience, the event hosted a dedicated wellness zone with several healthcare partners. Columbia Asia Hospital Taiping, 20dB Hearing Sdn Bhd, YES Rehab Sdn Bhd, MU Optic, and Klinik Pergigian Taiping were on-site throughout the day, providing complimentary health screenings and consultations to participating families.

This initiative reflects Yakult's core corporate philosophy of delivering health and happiness to as many people as possible. By highlighting the important link between gut function and overall well-being, the program demonstrates the company's long-term commitment to community health education. For more information about Yakult's activities, please visit Yakult Malaysia's official website at www.yakult.com.my

