

# Taste it. Rate it. Win it.

Take the Activia Challenge, rate your experience and you could win!

[START YOUR CHALLENGE](#)

TAKE THE  
**ACTIVIA**  
CHALLENGE

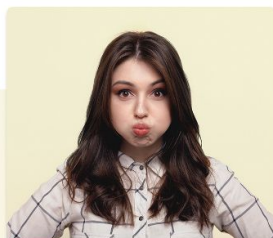
## Happy gut, healthy life



**Probiotics 101: Everything you need to know**



**Understanding your gut health**



**Feeling gassy? How a balanced gut can help with bloating.**

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## Our probiotic products



**Activia Classic**



**Activia Plain**



**Activia Probiotic Drinks**



**Activia Fat Free**



**Activia Lactose Free**



**Activia Source of Fibre**



**Activia Fruit on the Bottom**



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