

# SO Y?

**Because what's inside these cartons is good for your insides.**

Some soymilks may be tasty but will they help you stay regular? Good thing there's a Vitasoy range enriched with natural fibre to help keep your digestive system balanced and in tip-top working order. For instance, our Vitasoy Oatmilk is high in fibre, which is important for digestive balance, your heart and overall well-being. But whichever of our delicious fibre-enriched range you choose, a 250mL serve will provide 10% or more of your recommended daily fibre intake. And they're all Australian made from non-genetically modified soy beans, rice, or oats. So now you've got the inside story, what are you waiting for?

**Vitasoy**  
The Soy Experts

