

Probiotics

What is it?

Probiotics are live bacteria that are good for your health. They work by balancing the natural intestinal flora and have health promoting benefits for the digestive and immune systems. They have been used for centuries as a naturally occurring component of fermented food, such as cheese, sauerkraut and yogurt.

What do they do?

The best-proven health benefits of probiotics are:

- Shortening the period of symptoms of stomach viruses.
- Decreasing the risk of having side effects from treatment with antibiotics.

Probiotics have been shown in clinical trials to benefit in a wide array of common GI problems in children:

- Decrease number of episodes of regurgitation.
- Reduce mean daily crying time (*Improved colic*).
- Improve irregular bowel habits.
- Less episodes and days with diarrhea.
- Reduce severity of frequent abdominal pain.
- Improve digestion.

Other benefits include:

- Decrease the risk of allergy in infants and young children.
- Boost your immune system.
- Aid in the treatment of eczema.
- Decrease risk of fungal diaper rashes and thrush.

Brands that we recommend:

Florastor and Florastor Kids: Florastor contains *Saccharomyces boulardii lyo*, a friendly yeast. Because it is a yeast, and not a bacteria, it is very beneficial to take while on an antibiotic. We recommend taking it twice a day during periods that one is taking an antibiotic. It can also be taken once per day for general gut health.



Nature's way:

- Children's formula is designed for children 0-5 years of age. It is a powder that dissolves easily into fluids.
- Kids formula is a chewable tablet designed for children 2-12 years of age.
- Adult form is an enteric coated capsule designed for adults.



BioGaia:

- Infant drops
- Drinking straws for children- the child has to drink 3 ounces of fluid through the straw in order to get the dose and it is tasteless.
- Chewable tablets for older children.

