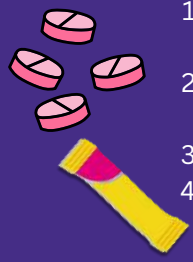
Kids & Probiotics: Frequently Asked Questions

ARE PROBIOTICS SAFE FOR KIDS?

- Yes, in general, probiotics are safe for kids.
- Check with a doctor if your child is immunocompromised or critically ill.

HOW TO CHOOSE THE RIGHT PROBIOTIC FOR KIDS?



1. Choose the right strain, for the right condition. Use probioticchart.ca for evidence-based options.
2. Check the CFU count – At least 1 billion CFU per dose; ensure count is guaranteed to expiry.
3. Look for third-party testing – Confirms label accuracy.
4. Pick a kid-friendly format – Powders, chewables, or drops.

CAN KIDS GET PROBIOTICS FROM FOOD?

- While fermented foods are becoming more popular, not all of them contain probiotics. When looking for foods that contain probiotics, look for the words **"live active cultures."** This means that the food includes live microorganisms.
- Some kid-friendly probiotic foods include:
  - Yogurt
  - Kefir (both dairy and non-dairy based)

ARE PROBIOTICS GOOD FOR KIDS?

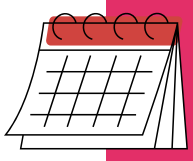
- Yes, probiotics can provide health benefits to some children.
- For example, children with **colic** or **eczema** may benefit from a probiotic strain targeted to their specific condition.

WHAT ARE THE BEST PROBIOTICS AFTER ANTIBIOTICS?

- In general, it's best to take probiotics **before** or **during** antibiotics to prevent antibiotic-associated diarrhea. Examples of strains used in the prevention of antibiotic-associated diarrhea in children include:
- **L. rhamnosus GG**
- **L. reuteri DSM 17938**
- **S. boulardii lyo CNCM I-445**

WHICH PROBIOTIC IS BEST FOR DIARRHEA?

- Different probiotic strains are recommended depending on the type of diarrhea a child is experiencing. Examples of strains include:
  - **L. rhamnosus GG**
  - **L. reuteri DSM 17938**
  - **S. boulardii lyo CNCM I-445**
  - **B. lactis BB-12 (only for preventing antibiotic-associated diarrhea)**



HOW LONG DO PROBIOTICS TAKE TO WORK?

- **Probiotics can take different amounts of time to work depending on the condition you're trying to treat.**
  - **Antibiotic-associated diarrhea: can take as little as 5 days**
  - **Constipation: can take up to 4 weeks**
  - **In general, it's best to try a probiotic supplement for at least four weeks to accurately assess its effectiveness.**

References:
1. https://probioticchart.ca/PBCPediatricHealth.html?utm_source=pediatric_ind&utm_medium=civ&utm_campaign=CDN_CHART
2. https://doi.org/10.1111/j.1365-2036.2006.03145.x
3. https://doi.org/10.1016/j.jaci.2007.01.007
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5. https://doi.org/10.17796/jcpd.38.1.b481624264142082

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