



# Probiotics for Infants



## What are Probiotics?

Probiotics are special microorganisms that, when taken in the right amounts, provide a health benefit to the person taking them.<sup>1</sup>

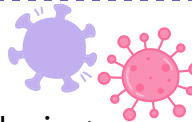


Probiotics for infants often come in concentrated liquid formulas so you can easily administer them.



## The Infant Microbiome

Newborn babies get their first microbiome from their mother during birth. As your child grows, their microbiome continues to develop.<sup>2</sup>



Factors that influence the composition of an infant's microbiome include:<sup>2</sup>

- method of delivery (C-section or vaginal birth)
- the source of nutrition (breastfeeding or formula)
- any prenatal exposure to antibiotics

Probiotics can help support your baby's microbiome.<sup>3</sup>

Select probiotic strains have been shown to manage certain pediatric conditions, including:



**Colic**

*Bifidobacterium longum* subsp. *longum* & *Pediococcus pentosaceus*



**Antibiotic-Associated Diarrhea**

*L. rhamnosus* GG, *S. boulardii*, *L. acidophilus* & others



**Eczema**

*L. rhamnosus* GG

**& aid in the breakdown and absorption of nutrients!**

Although generally safe, probiotics may not be recommended for use in infants with certain conditions or illnesses. Consult your baby's pediatrician or pharmacist to decide on the right probiotic for your baby.<sup>4</sup>



### References:

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3. Depoorter, L., & Vandeplass, V. (2021). Probiotics in Pediatrics: A Review and Practical Guide. Nutrients, 13(7), 2176. <https://doi.org/10.3390/nu13072176>
4. Hojsak, I., Fabiano, V., Pop, T. L., Goulet, O., Zuccotti, G. V., Çokuğraş, F. C., Pettoello-Mantovani, M., & Kolaček, S. (2018). Guidance on the use of probiotics in clinical practice in children with selected clinical conditions and in specific vulnerable groups. Acta Paediatrica, 107(6), 927-937. <https://pubmed.ncbi.nlm.nih.gov/29446865/>

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