



Probiotics for Kids

What are Probiotics?

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



Probiotics for kids can come in flavourless packets of powder or chewable tablets.

Each probiotic is unique, serves a specific purpose & contains specific types or strains that can aid in the management of specific conditions.



Probiotics can also be found in certain fermented foods including fermented milks like some yogurt and kefir.

Probiotics can be beneficial for children suffering from:



Colic

The probiotic strains *Bifidobacterium longum subsp longum* KABPTM-042, and *Pediococcus pentosaceus* KABPTM-041 can improve colicky symptoms within 1 week for breast-fed and formula-fed babies.



Antibiotic-Associated Diarrhea

Specific strains such as *Lactobacillus rhamnosus* GG (LGG) are effective in preventing antibiotic-associated diarrhea.²



Eczema

Studies show that babies given certain probiotics during infancy have a lower risk of developing eczema.

Other conditions that can be managed with probiotics include:

Irritable Bowel Syndrome Oral Health Liver Health Functional Abdominal Pain Constipation



Although generally safe, probiotics may not be recommended for use in children with certain conditions or illnesses. Be sure to consult a trusted healthcare professional to ensure the probiotic you select for your child is right for them.

References:

1. Food and Agricultural Organization of the United Nations and World Health Organization. (2002). Joint FAO/WHO working group report on drafting guidelines for the evaluation of probiotics in food. Food and Agricultural Organization of the United Nations.
2. Szajewska, H. & Kolodziej, M. (2015). Systematic review with meta-analysis: *Lactobacillus rhamnosus* GG in the prevention of antibiotic-associated diarrhea in children and adults. *Alimentary Pharmacology and Therapeutics*, 42(10), 1149-1147. <https://pubmed.ncbi.nlm.nih.gov/26365389/>

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