

# SHOULD MY CHILD TAKE PROBIOTICS?



Probiotics are live microorganisms which when administered in adequate amounts, confer a health benefit on the host.<sup>1</sup>

Probiotics are used to replenish the good bacteria in the gut and restore the balance, which can help to treat or prevent these types of illnesses and the symptoms associated with them.



## Your Child's Microbiome

Recent studies suggest that some bacteria are passed from the mother to the baby before birth.<sup>2</sup>

During birth, babies are exposed to vaginal, fecal, and skin microbiota, and massive bacterial colonization of the newborn occurs.<sup>3</sup>

Throughout the first year of life, your child's microbiome continues to develop. Factors like delivery method (C-section vs. vaginal), food source (breast vs. formula), and prenatal antibiotic exposure can impact a child's microbiome.

Household exposures like furry pets or siblings can also speed up and change microbiome development.<sup>4</sup>

## What can probiotics help with?

### Antibiotic-Associated Diarrhea



Specific probiotic strains, such as *Lactobacillus rhamnosus* GG (LGG) have shown to be effective in preventing antibiotic-associated diarrhea in children.<sup>5</sup>

### Childhood Eczema



Studies show that babies given certain probiotics during infancy have a lower risk of developing eczema.<sup>6</sup>

### Colic



Colic affects up to 28% of babies. a specific probiotic strain, *Lactobacillus reuteri* DSM 17938, can improve colicky symptoms within 1 week of treatment.

## Other conditions that can be improved or prevented with children's probiotics include:

Irritable Bowel Syndrome Oral Health Liver Health Constipation & Many More!



## Probiotic Formulations

1 Flavorless packets of powder to drink



2 Chewable tablets



\*Other options available on the market include probiotic drops, lozenges, or capsules\*



There are numerous reasons why probiotics may be beneficial for your child, but you'll want to make sure they take the right one, for the right reason. CDHF recommends consulting a trusted healthcare professional to ensure the probiotic product you select is safe for your child.

### References

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