

Beneficial Bacteria

Probiotics are live microorganisms, like good bacteria, that, when consumed in adequate amounts, are capable of promoting a balance of beneficial bacteria & providing a health benefit.

Probiotics can be found in:

- ✓ Breastmilk
- ✓ Fermented foods
- ✓ Supplements & formula
- ✓ Yogurt



All probiotics are not created equal

Probiotics should be studied and shown to **provide a benefit** with specific:

- ✓ Species & strain
- ✓ Dose or amount



Probiotics are not 'prebiotics'

Main types of probiotic bacteria:

- ✓ *Bifidobacteria*
- ✓ *Lactobacilli*



Consume probiotics daily

Infant microbiota, influenced early by:

- ✓ How a baby is born
- ✓ What they are fed

Factors impact the microbiota:

- ✓ Diet
- ✓ Environment
- ✓ Medication



A balanced microbiota helps:

- ✓ Promote gut health
- ✓ Protect against pathogens
- ✓ Shape the immune response



Probiotics, like *L. rhamnosus GG*, can help promote bacterial balance that may be lost to occasional digestive upset



Infant Probiotics



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Breastmilk is the ideal nutritional start for an infant. Infant formula and complementary foods should always be prepared, used, and stored as instructed on the label.

Solution for Common Digestive Issues

Probiotics can help improve good bacteria in the digestive system to ease common digestive issues in infants, which may be due to not having enough good bacteria in the gut.

Probiotic *L. reuteri* DSM 17938 has been shown to:

- ✓ Ease colic, excessive crying & fussiness
- ✓ Reduce spit up frequency in infants with reflux
- ✓ Promote regular stools



Gut-Brain Interaction

is the continuous communication between the gut microbiota and the brain

Probiotics may play a role in this communication



Probiotics like *B. lactis*, may increase a key antibody, IgA:

- ✓ Naturally found in breastmilk
- ✓ Supports the developing immune system



Probiotics similar to those found in breastmilk, like *Bifidobacterium lactis Bb12* can:

- ✓ Improve good bacteria in the gut of infants
- ✓ Help support digestive health & the developing immune system



Infants born via C-section or not breastfed have less good bacteria like bifidobacteria

Promote a Balanced Microbiota

The microbiota is a blend of different types of bacteria in the digestive tract and plays an important role in overall health. Probiotics help provide a healthy balance of bacteria to positively influence and balance the microbiota.

Support the Immune System

The immune system is supported by good bacteria, like probiotics, in the gut — the largest area of interaction between the body and bad bacteria. Over 70% of the immune system is in the digestive tract.