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# ONCE A DAY CHEWABLE KIDS PROBIOTIC

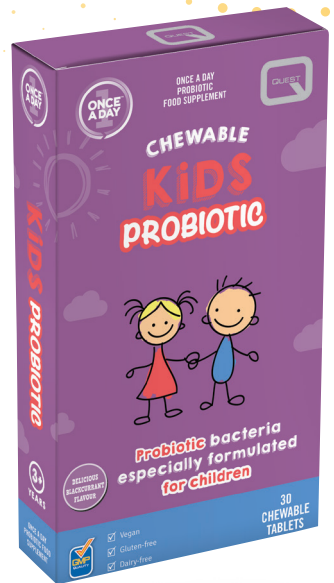
Specially formulated for children to support digestive, gut, bowel and immune health

## Nutritional Information

One chewable tablet provides:

|   |       |
|---|-------|
| Lactobacilli Culture  | 50 mg |
| Providing 2 billion (2x10 <sup>9</sup> )<br>L.acidophilus, L.rhamnosus,<br>L.casei, L.plantarum |       |

One to two chewable tablets daily with or after a meal.  
Suitable from 3 years of age.



## SUMMARY

- Multi-strain probiotic supplement for children.
- Chewable blackcurrant flavoured tablet.
- Take daily to support gut, digestive, bowel and immune health.
- Can be used together with, and following, antibiotic treatment to reduce antibiotic-induced diarrhoea.
- Also recommended for travel, to protect against exposure to pathogenic microorganism in new environments, food and water.

## DESCRIPTION

Especially formulated for children to support everyday digestive, gut and immune health. Probiotic supplements can help support the early development of intestinal microflora in children which can have a positive impact on their future health. Beneficial probiotic bacteria help maintain balanced gut health, modulate immune function and may help reduce the occurrence of allergies and atopic eczema or dermatitis in children.

## ESTABLISHED HEALTH BENEFITS OF PROBIOTICS

|  |  |
|--|--|
| <b>General bowel, gut and digestive health</b>               | Probiotic bacteria restore the positive balance of “friendly” bacteria in the intestine, which can be disrupted by poor diet, poor lifestyle, stress and the use of drugs (eg. antibiotics). Probiotics change the environment within the body to make it favourable for the body’s own probiotics to thrive. They also produce substances that inhibit the growth of pathogenic organisms and cause a ‘crowding out’ effect of unwanted organisms. Probiotics secrete digestive enzymes with help with the breakdown of foods, and the metabolism of nutrients. |
| <b>Antibiotic-induced diarrhoea</b> <sup>1,2,19</sup>        | Antibiotics kill “friendly” bacteria together with pathogenic microorganisms. This disruption of the gut microflora causes diarrhoea. Probiotic bacteria restore the positive balance of “friendly” bacteria in the intestine and treat antibiotic-induced diarrhoea.  |
| <b>Traveller’s diarrhoea</b> <sup>3</sup>                    | Traveller’s diarrhoea is a common problem occurring in up to 50% of travellers and is caused by exposure to pathogenic microorganisms in new environments, food and water. Probiotic bacteria are highly effective in inhibiting these pathogens and preventing traveller’s diarrhoea.   |
| <b>Gastroenteritis (stomach bugs)</b> <sup>4,5,6</sup>       | Probiotic bacteria have been established as beneficial in preventing and treating the symptoms of gastroenteritis (stomach bugs), particularly acute watery diarrhoea.   |
| <b>Eczema (atopic dermatitis)</b> <sup>7,8</sup>             | Clinical trials have shown that probiotic bacteria have a modest role in the treatment of atopic eczema, especially in children. The benefits of probiotics were clearer in individuals with moderately severe rather than mild eczema. Probiotics directly influence the regulation of immune cells and can contribute to a more balanced immune response, especially with T and B lymphocytes.   |
| <b>Immune stimulation</b> <sup>9,10,11</sup>                 | Preliminary studies show that probiotic bacteria can stimulate and regulate the immune response in the body and may contribute in reducing the risk or duration of certain infections and alleviate symptoms of immune-based conditions such as allergies and eczema.  |
| <b>Allergy prevention</b> <sup>12</sup>                      | There have been trials and research demonstrating the ability of probiotic bacteria in reducing allergic responses in humans (especially children), for example from food or pollen.   |
| <b>Respiratory tract infections</b> <sup>13,14, 20, 23</sup> | There are clinical trials supporting the theory that probiotic supplementation can reduce the severity and duration of respiratory tract infections.   |
| <b>Autism</b> <sup>15</sup>                                  | Exciting and emerging research is ongoing. Further studies and research is required before making any claims.  |

Children with autism and autism spectrum disorders (ASD) usually suffer from gastrointestinal disorders and altered gut bacteria which contributes to the discomfort of the condition<sup>21</sup>. Adding in a probiotic could make a huge difference to the comfort of a child with ASD.

### Common cold <sup>22</sup>

Research investigating the probiotic strain *Lactobacillus plantarum* given to children for 3 months showed a significant reduction in duration and severity of symptoms and a reduction in the number of days missed from daycare.

## SAFETY

Lactobacilli probiotic bacteria have a long established safety for human consumption, which is supported by several published studies.<sup>16</sup> Lactobacilli probiotic bacteria are also included on the Qualified Presumption of Safety List issued by the European Food Safety Authority.<sup>17</sup>

Clinically reported complications caused by probiotic supplementation are rare and mostly involve mild abdominal discomfort and flatulence. However, probiotic supplements are not recommended in the case of individuals with suppressed immune systems.

Probiotic supplementation is considered safe for children in good health. In 2004, the European Society of Paediatric Gastroenterology stated that: "probiotics so far used in clinical trials can be generally considered safe", but urged for ongoing surveillance in high-risk children with pre-existing diseases.<sup>18</sup>

## FEATURES

- Tasty blackcurrant flavour chewable tablet
- Multi-strain formula providing 2 billion friendly organisms per tablet
- Lyophilised, gently tableted and individually sealed to enhance stability.

## HEALTH NEEDS



GUT AND DIGESTION



CHILDREN'S HEALTH

## SCIENTIFIC REFERENCES

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