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# Biotix

## INFABIOTIX

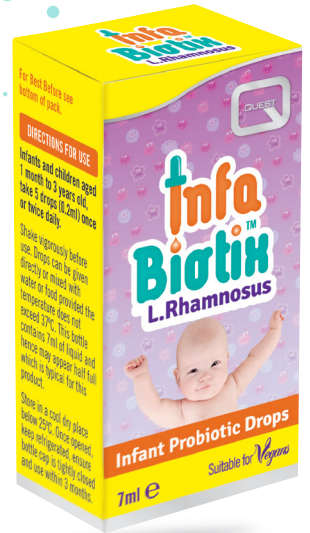
Infant probiotic drops to support gut and immune health, as well as help relieve colic symptoms.

### Nutritional Information

Each 5 drops provides:

Lactobacillus rhamnosus 1 billion ( $1 \times 10^9$ )

Infants and children aged 1 month to 3 years old, take 5 drops (0.2ml) once or twice daily.



## SUMMARY

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- Liquid probiotic from 1 month to 3 years.
- Supports general gut, digestive, bowel and immune health.
- Provides symptomatic relief of colic.
- Also recommended for infants suffering from immune-based atopic conditions such as eczema.

## DESCRIPTION

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A liquid probiotic food supplement for infants and children designed to support gut, digestive and immune health. It is also recommended for infants suffering from colic type symptoms and immune based atopic conditions such as eczema. Probiotic supplementation helps restore the balance of friendly bacteria in the gastrointestinal tract and supports immune function and response to reduce the risk of infections from pathogens. Ensuring a balance of friendly gut flora at an early stage of infant development is recommended to exert a positive influence on overall health throughout an individuals lifetime.

## INFANT COLIC

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**Immature digestion:** The gastrointestinal tract of infants, particularly preterm infants, is highly vulnerable because they have not yet completely developed protective mechanisms. Studies suggest that gut inflammation, colonic fermentation and possibly the less diverse microflora may provide a pathophysiological mechanism for colic. Babies with colic were shown to have higher levels of breath hydrogen and abnormal faecal bacteria.<sup>1</sup>

**Reducing symptoms of colic:** Further studies have shown that probiotic supplementation help restore a healthy balance of bacteria in the gut and decrease the inflammation and excess hydrogen gas that are causing the discomfort in the infants. Clinical studies have shown that probiotic supplementation may help reduce the symptoms of infant colic. One recent study found that parental report of crying suggested that probiotic intervention with *L.rhamnosus* was effective in reducing crying times in colicky infants.<sup>2</sup>

## GUT, DIGESTIVE & BOWEL HEALTH

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**Protection from harmful bacteria:** Probiotic supplementation helps restore a positive balance of “friendly” bacteria in the intestine, thereby supporting general gut, digestive and bowel health. Probiotics also play a key immune-supporting role so may offer protection from potentially harmful “bad” bacteria from food and the environment.<sup>3</sup>

Clinical trials in this area specifically looked at the benefits of daily supplementation of oral *L-rhamnosus* and found it significantly reduced how frequently children had diarrhea and the length of the episode when it did occur.<sup>4</sup>

## ATOPIC IMMUNE-RELATED CONDITIONS

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**Regulating immune response:** Studies show that probiotic bacteria can stimulate and regulate the immune response in the body. This immune supporting action of probiotics is thought to explain the results of trials demonstrating that probiotic supplementation in infants and children may reduce the symptoms of immune-based atopic conditions such as eczema.<sup>5,6</sup>

**Gut associated lymphoid tissue:** The bacteria in our digestive tract play a huge role on our self-tolerance and regulation of the immune system. The gut associated lymphoid tissue (GALT) which is situated just under the gut is a store of immune cells. The bacteria and micro-organisms in our guts have direct communication with the GALT and can influence immune cell regulation.

**Short chain fatty acids:** Beneficial bacteria produce a substance called short chain fatty acids which nourish the lining of the gut and help to regulate intestinal permeability. An increase in permeability is seen often in patients with a lack of beneficial bacteria.

When the cells in the gut wall move apart, bacteria and food particles may come in direct contact with the GALT, which triggers a response from the immune cells, and may lead to allergies and autoimmune disorders.

## GENERAL INFANT HEALTH

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**Healthy development of intestinal microflora:** Probiotic supplementation is highly recommended for infants to support the healthy development of their intestinal microflora in the first years of life. Once this development stage is over, the intestinal microflora is essentially set, playing an important factor in the health of the individual for the rest of his or her life.

**Increasing infant height and weight:** Clinical studies are also on going on the benefits of probiotic supplementation in increasing infant height and weight in the first 6 months of life.<sup>7,8</sup>

## WHY DO SOME BABIES REQUIRE PROBIOTICS?

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The probiotic balance is instilled in the infant from before birth. The placenta has its own microbiome, which is based on the mothers' bacterial balance. Further microbiome is picked up from the birth canal, from skin to skin contact and from breast milk. If any of these stages are compromised, the babies probiotic balance may become compromised and probiotic therapy may be required.

## SAFETY

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Probiotic supplementation is considered safe for children in good health. In 2004, the European Society of Pediatric 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>9</sup> Lactobacilli probiotic bacteria are also included on the Qualified Presumption of Safety List issued by the European Food Safety Authority.<sup>10</sup>

## DIRECTIONS FOR USE

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Take 5 drops (0.2ml) once or twice daily. Drops can be given directly or mixed with water or food. Drops may also be mixed with milk or formula, provided that the temperature does not exceed 37°C. Do not exceed the stated dosage unless instructed by a qualified health professional.

## FEATURES

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- A liquid probiotic supplement for infants and children
- Suitable for infants and children aged 1 month to 3 years old.

## HEALTH NEEDS

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CHILDREN'S HEALTH



GUT AND DIGESTION

## SCIENTIFIC REFERENCES

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