

PROBIOTICS

WHAT IS A PROBIOTIC?

Probiotics are live microorganisms (bacteria) that provides a health benefit. They live naturally in the intestine and are vitally important for gut health.^{4,5}

Lactobacillus reuteri is a species of lactic acid bacteria, important for normal gut functions. Lactic acid bacteria produce lactic acid which helps to stop the overgrowth of bad bacteria.⁵

THE PROS OF PROBIOTICS

The Reuterina® Range of Probiotics can be used for a variety of GUT conditions. Learn here about which conditions^{1,2,3} you can use them for.

HOW DO PROBIOTICS WORK?

Probiotics maintain the balance in the gut flora and will have a positive effect on the gut flora patterns.^{4,6}

In fact, many gut disorders occur due to an imbalance in the normal gut flora, or a lack of diversity in the gut flora.^{6,7} Illness or medicines upset the balance ® probiotics restore this balance.⁴

WHAT ARE THE BENEFITS OF PROBIOTICS?

Probiotics have numerous health-promoting activities.⁴

Health professionals are increasingly recognising the beneficial effects of probiotics on our health, as probiotics play an important role in immunological, digestive and respiratory functions.⁴

They also have a significant effect in alleviating infectious diseases in children as well as other high-risk groups.⁴

WHAT CAN PROBIOTICS BE USED FOR?

Probiotics can be used to assist in the treatment and prevention of conditions linked to an imbalance in the gut flora. These conditions include, but are not limited to:^{1,2,3}

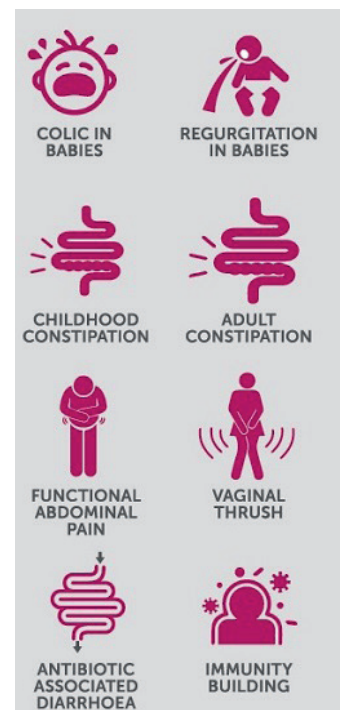
- colic in babies
- regurgitation in babies
- childhood constipation
- adult constipation



- functional abdominal pain
- vaginal thrush
- antibiotic associated diarrhoea
- immunity building

Research into the cause of babies' gut problems has shown gut flora to play a crucial role and many studies focus on probiotic therapy as a treatment for specific conditions affecting the gut, including colic, regurgitation, constipation and abdominal pain.^{7,8}

Reuterina® has demonstrated many benefits in a variety of conditions in babies, as follows:



Reuterina™
The Probiotic for Life

To view a free digital version of this material and many other health topics, point your phone camera here



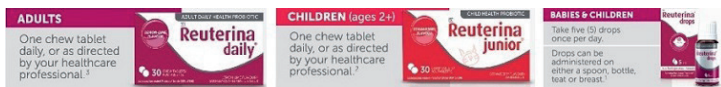
<p>Reuterina® probiotics reduce crying in colicky babies</p> <ul style="list-style-type: none"> • Reuterina® can reduce the daily crying time by 50 % in colicky infants within the first week of administration.^{6,c,d} • Additionally, Reuterina® improves the quality of life for the family of a colicky baby.^{9a,b} 	<p>Reuterina® probiotics reduce regurgitation in babies</p> <ul style="list-style-type: none"> • Daily use of Reuterina® early in a baby's life can decrease the amount of times a baby regurgitates and decreases the need for medicines to promote gut comfort.^{2a,d} 	<p>Reuterina® probiotics improve constipation in babies</p> <ul style="list-style-type: none"> • Daily use of Reuterina® drops in babies with chronic constipation can increase the frequency of bowel movements per week.^{10a,b} 	<p>Reuterina® probiotics improve abdominal pain in children.</p> <ul style="list-style-type: none"> • Illnesses related to abdominal pain can cause significant anxiety, school absenteeism and frequent doctor visits.¹¹ • Reuterina® after 4 weeks of being given as a supplement, offers relief in the frequency and intensity of abdominal pain in children with these illnesses.^{12b} 	<p>Probiotics play an important role in immunity.</p> <ul style="list-style-type: none"> • Healthy persons can take probiotics as a means to prevent certain diseases because they stimulate immunity.^{13a,b} • Healthy children attending day care centres provided with Reuterina® drops on a daily basis, over a period of 6 months experienced fewer episodes of diarrhoea and lung infections.^{12a,c}
---	--	--	---	---

WHAT CAN PROBIOTICS BE USED FOR?

When choosing a probiotic, ensure it has proven effects in the condition(s) you are preventing or treating.^{4,8,11}

The bacteria used in Reuterina® is from the species *Lactobacillus reuteri* and, specifically, the strain DSM 17938.^{1,2,3}

This strain has been clinically tested and also proven in more than 120 clinical trials. It is sold commercially in more than 90 countries worldwide.¹³



HOW IS REUTERINA® TAKEN?

The Reuterina® range can be used across all ages and is easy to use.^{1,2,3}

DROPS: Babies and children can take five (5) drops once per day. It can be dropped straight into the mouth or onto a spoon.¹

JUNIOR chewable tablets: Children older than 2 years should chew one tablet daily, or as directed by your healthcare professional.²

DAILY chewable tablets: Adults and children older than 2 years of age should chew one tablet daily, or as directed by your healthcare professional.³

SUITABILITY OF USE

Probiotics are essential for gut health.^{5,11,12} Their safety profile makes them a good option for the treatment of a variety of gut conditions.⁸

Please note: this is an education information leaflet only and should not be used for diagnosis. For more information on Probiotics, consult your healthcare professional.

References: 1. Reuterina® Drops Approved Package Insert, August 2009. 2. Reuterina Junior® Approved Package Insert, July 2010. 3. Reuterina Daily® Approved Package Insert, July 2010. 4. Joint FAO/WHO Expert Consultation on Evaluation of Health and Nutritional Properties of Probiotics in Food including Powder Milk with Live Lactic Acid Bacteria, 1-4 October 2001. 5. Eom T-H, et al. The therapeutic effect of *Lactobacillus reuteri* in acute diarrhea in infants and toddlers. *Korean J Pediatr* 2005;48:986-989. 6. Chau K, et al. Probiotics for infantile colic: a randomized double-blind placebo controlled trial investigating *Lactobacillus reuteri* DSM 17938. *J Pediatr* 2014;166:74-78. 7. Indrio F, et al. Prophylactic use of a probiotic in the prevention of colic, regurgitation, and functional constipation. A randomised clinical trial. *JAMA Pediatr* 2014;168:228-233. 8. Savino F, et al. *Lactobacillus reuteri* (American Type Culture Collection Strain 55730) Versus Simethicone in the Treatment of Infantile Colic: A Prospective Randomized Study. *Am Acad Pediatrics* 2007;119:e124. doi:10.1542/peds.2006-1222. 9. Szajewska H, et al. *Lactobacillus reuteri* DSM 17938 for the management of infantile colic in breastfed infants: A randomized, double-blind, placebo-controlled trial. *J Pediatr* 2013;162:257-262. 10. Cocciorullo P, et al. *Lactobacillus reuteri* (DSM 17938) in infants with Functional Chronic Constipation: A Double-Blind, Randomised, Placebo-controlled study. *The Journal of Paediatrics* 2010;157(4):598-602. 11. Weizman Z, et al. *Lactobacillus reuteri* DSM 17938 for the management of functional abdominal pain in childhood: a randomized, double-blind, placebo-controlled trial. *J Pediatr* 2016;174:160-164. 12. Gutierrez-Castrellon P, et al. Diarrhea in Preschool Children and *Lactobacillus reuteri*: A Randomized Controlled Trial. *Pediatrics* 2014;133:e904-e909. Data on File. 13. Data on File.

