What is Ultimate Flora Kids Probiotic?
Ultimate Flora Kids Probiotic is a blend of 9 probiotics (good bacteria) that is specifically formulated for the intestinal tract and colon of children.

How is it delivered?
Ultimate Flora Kids Probiotic is a chewable tablet with berry flavour from real berries and fruit for a taste that children will love.

How does it work?
The term ‘probiotic’ means supporting life. Probiotics are friendly, beneficial bacteria. While there are hundreds of different strains of bacteria that live in the digestive tract, some strains are more prevalent in children including; Bifidobacterium longum, Bifidobacterium breve, Bifidobacterium infantis, Bifidobacterium bifidum & Lactobacillus acidophilus. These bacteria (as well as others) are normal inhabitants of the large and small intestines and are an important part of a healthy digestive system. However, the type and amount of bacteria in each child is dependent on which bacteria they acquired as infants. The intestinal system of a fetus is actually sterile; with no bacteria present. It is during a vaginal delivery that the baby is introduced to numerous strains of bacteria. Vaginally born infants have over 1000 completely colonized intestinal bacteria species by the end of their first year. Cesarean born infants are not introduced to the same type or amount of bacteria as vaginal born infants. Research has shown those born via c-section have lower numbers of bifidobacteria & Bacteroides, as well as more C difficile (a pathogenic bacteria) than vaginally born infants.

Research has also shown that breastfed infants initially establish a different bacterial composition than formula fed infants. The prebiotic oligosaccharide (found in breast milk) is what feeds healthy intestinal bacteria. By providing gut bacteria with the food they require, they are able to colonize. Exclusively formula-fed infants are more often colonized with E coli, C difficile, Bacteroides, and lactobacilli, compared with breastfed infants who have higher counts of bifidobacteria. Children born via C-section and those who have not been breast fed are not the only children who can have an imbalance of gut bacteria. Probiotics can also be impaired through stress, illness, antibiotics treatment, or changes to the diet. Thankfully they can also be brought back into balance through the introduction of the right balance of supplemental probiotics.

Research shows that taking probiotics can help to improve gastrointestinal function, respiratory and allergy response, as well as help to counter the negative effects of antibiotic use. Further, these beneficial bacteria help the body to:

- Produce vitamins
- Absorb nutrients
- Control overgrowth of bad bacteria and fungus

Why should children use Ultimate Flora Kids Probiotic?
Probiotics like those found in Ultimate Flora Kids Probiotic can:
- Improve digestion
- Ease constipation and/or diarrhea
- Improve and increase immune system health
- Rebalance the gut bacteria after antibiotics use

Research has shown that probiotics such as those found in Ultimate Flora Kids Probiotic, can help with a number of children's health conditions, including the following:

**Common Cold** – “Recent studies report a significant effect of probiotics on the occurrence of common cold illnesses in children, and studies in animals provide a plausible mechanism of action. These data suggest that the use of probiotics may have promise for the prevention of common cold illnesses in children” (Ballengee & Turner, 2014).

“A meta-analysis of the data showed that the mean duration of illness episodes decreased by between half and 1 d in participants who received probiotics compared with those who did not. We also found... significantly fewer numbers of days absent from day care/school” (King et al, 2014).

**Constipation** – An overgrowth of ‘bad bacteria’ including Clostridium and Enterobacteriaceae species (rarely isolated in healthy children), have been reported in children with constipation. “Bifidobacteria and lactobacilli produce lactic acid, acetic acid, and other acids, which lower pH in the colon and enhance peristalsis (muscular movement of the colon)... Particular probiotic strains stimulate motility and peristalsis, which is particularly helpful to treat slow transit constipation... Bifidobacteria (B. bifidum, B. infantis, and B. longum) and Lactobacillus (L. casei and L. rhamnosus) increase bowel movement frequency, decrease fecal incontinence, and reduce abdominal pain in children 4-16 years of age” (Bae, 2014).

**Diarrhea** – “Improvement in intestinal function in children with rotavirus and cryptosporidial gastroenteritis emphasizes the role of probiotics in treating intestinal impairment after infection” (Sindu et al, 2014).

**Eczema** – A meta-analysis of twenty-five randomized controlled research trials with children 1 to 18 years old diagnosed with Atopic Dermatitis (also known as Eczema) showed that treatment with a mixture of different bacterial species provided greater benefit than did treatment with Bifidobacterium species alone. “The overall result of this meta-analysis suggests that probiotics could be an option for the treatment of AD, especially for moderate to severe AD in children” (Kim et al, 2014).

Ultimate Flora Kids Probiotic can be taken daily as a preventative measure against invading bacteria and for good intestinal health. Ultimate Flora Kids Probiotic should be taken for at least one month after antibiotic use to replenish good bacteria.

How is it taken?
Adults, adolescents, and children ≥ 3 years old: Chew one tablet per day. If you are on antibiotics, take at least 2-3 hours before or after.
Ultimate Flora Kids Probiotic

Each serving (1 Chewable Tablet) contains
Bifidobacterium bifidum (BB-02) - Whole Cell 3 Billion CFU
Bifidobacterium infantis (Bi-26) - Whole Cell 2 Billion CFU
Bifidobacterium breve (BB-03) - Whole Cell 250 Million CFU
Bifidobacterium longum (BL-05) - Whole Cell 250 Million CFU
Lactobacillus acidophilus (LA-14) - Whole Cell 2.5 Billion CFU
Lactobacillus fermentum (LF-33) - Whole Cell 500 Million CFU
Lactobacillus rhamnosus (LR-32) - Whole Cell 500 Million CFU
Lactobacillus salarius (LS-33) - Whole Cell 500 Million CFU

$6.15/15

WANT MORE INFORMATION ABOUT PROBIOTICS?
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Product Knowledge Sheet
Ultimate Flora Kids Probiotic

What does it contain?
There are two major types of probiotics, resident strains and transient strains. Resident strains are naturally found in the human intestine. They re-establish and adhere to the intestinal tract to repair the body’s intestinal flora (beneficial bacterial balance). These are commonly referred to as “human strain” bacteria. Transient strains are found outside of the human intestinal system, but are extremely beneficial in maintaining its health. They are found living symbiotically on plants including many vegetables (if they have not been destroyed by pesticides). They do not re-establish in the intestinal tract, therefore it is necessary to consume them by either eating organic vegetables or taking supplements. They provide numerous health benefits as they pass through the digestive tract.

Resident strains
Bifidobacterium bifidum
One of the main resident bacteria of the colon in infants and children. It is important for the production of B vitamins. It is also particularly good at enhancing the body’s immune response and inhibiting harmful bacteria.

Bifidobacterium infantis
A main inhabitant in the intestines of infants, particularly in those who have been breastfed. Research has shown infants has the most anti-inflammatory profile of all of the probiotics, and has strong immunomodulatory potential.

Bifidobacterium breve
This probiotic is highest in those who have been breastfed. It has been shown to help decrease intestinal permeability, improves intestinal microflora, and has a positive effect on the intestinal immune system. It is effective in increasing stool frequency in children with functional constipation. It also has a positive effect on stool consistency, decreasing the number of fecal incontinence episodes and in diminishing abdominal pain.

Bifidobacterium longum
Bifidobacterium longum is the most frequently found species in healthy breast fed infants. It helps in the formation of lactic acid along with small amounts of formic acid. These acids lower the PH of the intestines, thereby making the region undesirable for harmful bacteria. It is also a substantial producer of B vitamins.

Lactobacillus acidophilus
The predominant friendly bacteria in the upper intestinal tract. It helps reduce the levels of harmful bacteria and yeasts in the small intestine and also produces lactase, an enzyme which is important in the digestion of milk. Acidophilus is involved in the production of B vitamins (niacin, folic acid, and pyridoxine) during the digestive process. This is the most prevalent strain in the body.

Lactobacillus casei
Early colonization of L. casei seems to decrease the risk of allergy at five years of age, even in those whose parents have allergies

Lactobacillus rhamnosus
Has a positive immunomodulatory effect and may be useful in decreasing repeated episodes of rotavirus diarrhea. Research has shown that it improves intestinal function and permeability in children with rotavirus and cryptosporidial gastroenteritis and emphasizes the role of rhamnosus in treating intestinal impairment after infection. Research has also showed healthy children aged 1–6 years from day care centres had a lower number of days with respiratory and gastrointestinal symptoms when taking L. rhamnosus over a 7 month period than in those taking a placebo.

Lactobacillus salivarius
Research has shown that Lactobacillus salivarius treatment reduces rhinitis symptoms and drug use in children with allergic rhinitis (particularly those with dust allergies).

Transient strains
Lactobacillus fermentum
Found in breastmilk and is transferred to the gut of breastfed infants. Children ages 1-18 with moderate-to-severe Atopic dermatitis showed clinical improvements after 3 months of taking L. fermentum.

Bifidobacterium breve
Has a positive immunomodulatory effect and may be useful in decreasing repeated episodes of rotavirus diarrhea. Research has shown that it improves intestinal function and permeability in children with rotavirus and cryptosporidial gastroenteritis and emphasizes the role of rhamnosus in treating intestinal impairment after infection. Research has also showed healthy children aged 1–6 years from day care centres had a lower number of days with respiratory and gastrointestinal symptoms when taking L. rhamnosus over a 7 month period than in those taking a placebo.

Lactobacillus salivarius
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