



## PROBIOTICS: THE GOOD BACTERIA

Probiotics are known as the “good bacteria” that are normally found in our intestines. They preserve a healthy balance of intestinal organisms and form a line of defense protecting us from “bad” bacteria, viruses, and/or parasites. Good bacteria help to improve digestion and stimulate the immune system.

Stress, changes in your diet, and antibiotic use can decrease the amount of good bacteria in your intestines and allow other microorganisms to grow in their place. Without probiotics in our system, we are at an increased risk for thrush, yeast infections, and diarrhea.

Give probiotics to your child if he or she has diarrhea from a virus or diarrhea during or following antibiotics use.

Probiotics have a proven safety record for infants through adults. However, as with any treatment, people with lowered immune systems or immunodeficiency should consult with a Physician before starting.

Contact the South Lake Pediatrics triage department if you have further questions.  
952-401-8300

### Sources:

Lactobacillus	Yogurt	Culturelle	Lactinex
<ul style="list-style-type: none"> <li>Name of an important good bacteria found in many dietary supplements. Lactobacillus GG is the specific name of the supplement. Lactobacillus is also found in certain cheeses, sourdough bread, buttermilk, and some yogurts.</li> </ul>	<ul style="list-style-type: none"> <li>Can be used as a probiotic if label states, <b>“live and active cultures.”</b></li> <li>Keep in mind these cultures contain L. acidophilus as their good bacteria and this is not as effective as Lactobacillus GG from dietary supplements.</li> </ul>	<ul style="list-style-type: none"> <li>OTC at local pharmacy</li> <li>100% gluten and dairy free</li> <li>Under 30lbs: 1 capsule daily</li> <li>Over 30lbs: 1 capsule, BID</li> <li>Can open capsule and sprinkle powder into a drink or soft food such as apple sauce or pudding. Do not heat up—this destroys the good bacteria.</li> </ul>	<ul style="list-style-type: none"> <li>OTC at local pharmacy behind pharmacy counter in refrigerator</li> <li>Under 30lbs: ½ packet or ½ crushed tab daily</li> <li>Over 30lbs: 1 packet or 1 crushed tab daily</li> </ul>