

Probiotic



Description:

A probiotic is a type of live microorganism, typically a strain of bacteria, that has been shown to provide health benefits when consumed in adequate amounts. Probiotics are often referred to as "good" bacteria because they help maintain a healthy balance of microorganisms in the gut, which is important for overall digestive health and immune function. Probiotics are found in certain foods, such as yogurt and fermented vegetables, as well as in dietary supplements. There are many different strains of probiotics, each with its own potential health benefits.

Primary Benefits

- Improving Digestive Health
- Boosts Immune Function

Directions

- Start with sprinkle mix in breast milk or formula and feed to baby.
- Babies under 6 months: Increase to 1/2 scoop daily .
- Babies 6-24 months: Increase to 1 scoop daily

Uses:

- Promotes a healthy balance of microorganisms in the gut.
- Boosting immune function by supporting the immune system by promoting the growth of beneficial bacteria in the gut

Cautions:

Some infants may experience mild side effects when starting probiotics, such as gas, bloating, and digestive upset. These symptoms usually go away on their own after a few days.

