

Happy & Healthy Pediatrics

Pediatric, Adolescent, & Breastfeeding Medicine



What is it?

Probiotics are live bacteria that are good for your health. They work by balancing the natural intestinal flora and have health promoting benefits for the digestive and immune systems. They have been used for centuries as a naturally occurring component of fermented food, such as cheese, sauerkraut and yogurt.

What do they do?

The best-proven health benefits of probiotics are:

- Shortening the period of symptoms of stomach viruses.
- Decreasing the risk of having side effects from treatment with antibiotics.

Probiotics have been shown in clinical trials to benefit in a wide array of common GI problems in children:

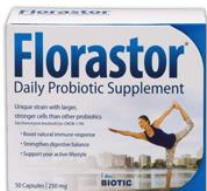
- Decrease number of episodes of regurgitation.
- Reduce mean daily crying time (*Improved colic*).
- Improve irregular bowel habits.
- Less episodes and days with diarrhea.
- Reduce severity of frequent abdominal pain.
- Improve digestion.

Other benefits include:

- Decrease the risk of allergy in infants and young children.
- Boost your immune system.
- Aid in the treatment of eczema.
- Decrease risk of fungal diaper rashes and thrush.

Brands that we recommend:

Florastor and Florastor Kids: Florastor contains *Saccharomyces boulardii lyo*, a friendly yeast. Because it is a yeast, and not a bacteria, it is very beneficial to take while on an antibiotic. **We recommend taking it twice a day during periods that one is taking an antibiotic.** It can also be taken once per day for general gut health. Florastor kids is a powder sachet that contains the same dose as one Florastor capsule and is naturally sweetened with tutti-frutti flavoring. It is meant to be mixed into foods or fluids. If you think your child will not be a fan of the tutti-frutti flavor, then use the adult capsule and open it and put into food or fluid. Florastor is appropriate for anyone over 2 months of age.



Nature's way:

- Children's formula is designed for children 0-5 years of age. It is a powder that dissolves easily into fluids. As a dietary supplement children under 2 years of age give 1/2 teaspoon per day. Children 2 years of age and older give 1 teaspoon daily. May be added to liquid or infant formula. Can also be added to applesauce or yogurt.
- Kids formula is a chewable tablet designed for children 2-12 years of age. Recommended dose is 1 chewable per day.
- Adult form is an enteric coated capsule designed for adults. Dosing is one capsule daily.



BioGaia (recommended for all age groups):

- Infant drops (comes with and without 400 IU vit D included). Dosing is 5 drops once per day than you can put onto a baby spoon and wipe onto the tongue.
- Drinking straws for children- the child has to drink 3 ounces of fluid through the straw in order to get the dose and it is tasteless.
- Chewable tablets for older children.



All products available at: Franwin Pharmacy 127 Mineola Blvd. Mineola, NY 11501

Ph: 516-746-4720

Hours: M-F 9-7 Sa 9-3