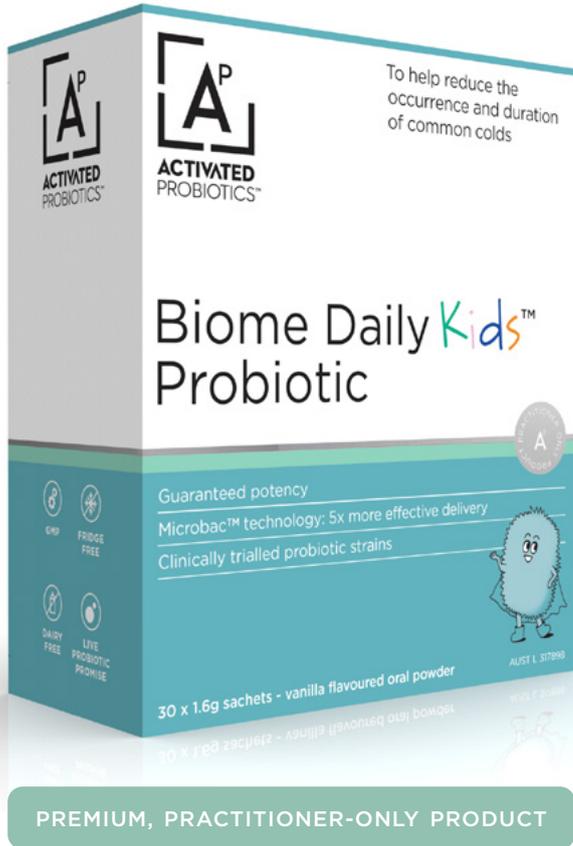




# Biome Daily Kids™ Probiotic

To help reduce the occurrence and duration of common colds



30 x 1.6g sachets  
Vanilla flavoured  
oral powder  
AUST L 317898

Helps reduce occurrence and duration of colds

Clinically trialled probiotic strains

Microbac™ technology: 5x more effective delivery

Guaranteed potency

## INDICATIONS

- Helps enhance immune system function
- Helps reduce the occurrence and duration of common colds
- Supports good gut bacteria during antibiotic use

## FORMULATION

<i>Lactobacillus plantarum</i> 6595 (DSM 6595)	3 BLB*
<i>Lactobacillus rhamnosus</i> GG (ATCC 53103)	2 BLB*
<i>Bifidobacterium animalis subsp. lactis</i> BS01 (LMG P-21384)	2 BLB*
<i>Lactobacillus casei</i> LC03 (DSM 27537)	1 BLB*
<i>Bifidobacterium breve</i> BR03 (DSM 16604)	2 BLB*
<b>Total live bacteria</b>	<b>10 BLB*</b>

\*BLB = Billion Live Bacteria

## DIRECTIONS FOR USE

**Children over 2 years:** Take one sachet daily, or as directed by a healthcare practitioner. Add to water or milk, or mix with yoghurt. Not to be used in children under 2 years of age without medical advice. If symptoms persist, talk to your health professional.

## NO ADDED

GMOs, wheat, gluten, dairy, lactose, fructose, sugar, yeast, nuts, seeds, peanut, soy, egg, fish, shellfish, or animal derivatives. No artificial sweeteners, colours, flavours, or preservatives. Contains polyols and natural vanilla flavour.



GMP



LIVE  
PROBIOTIC  
PROMISE



DAIRY  
FREE



ONE A DAY  
FORMULATION



FRIDGE  
FREE

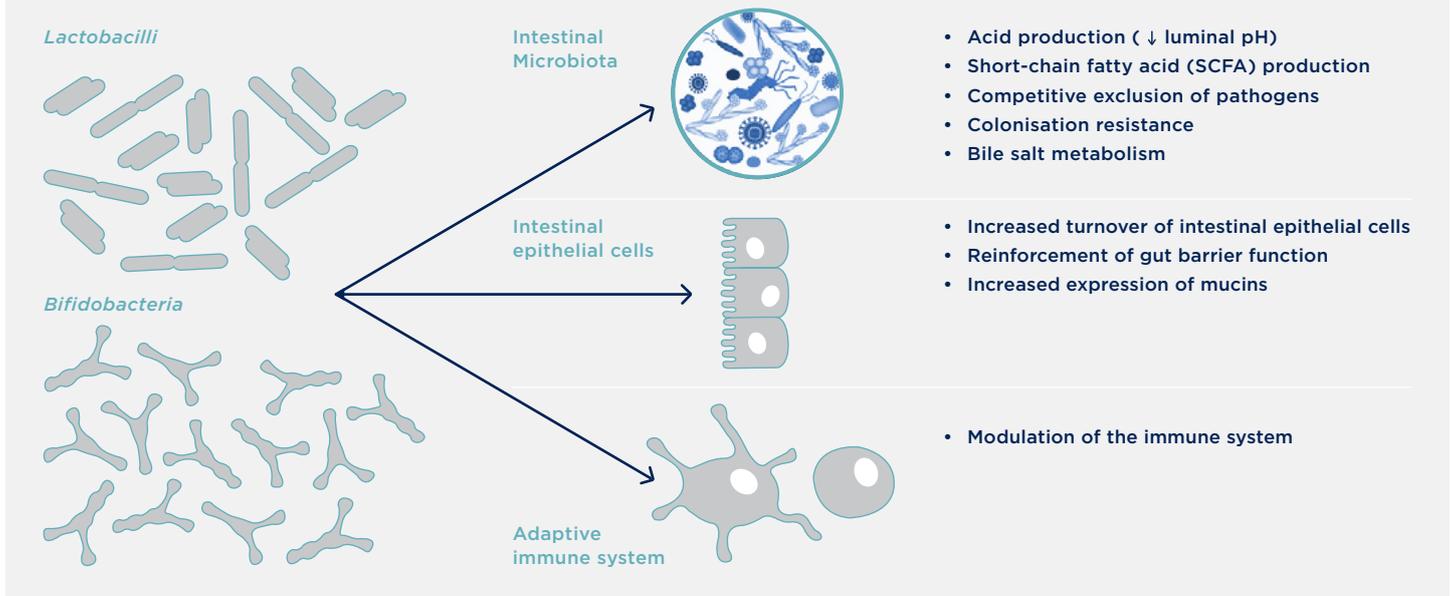


VEGAN

We use an innovative delivery technology (Microbac™), which stabilises the probiotic bacteria by coating them with a layer of plant-derived lipid. This protects the bacteria from the strong acid in the stomach, allowing 5x more bacteria to survive transit through the upper gastrointestinal tract and colonise the intestines, compared to traditional, uncoated bacteria.



## BENEFITS OF LACTOBACILLI AND BIFIDOBACTERIA - MECHANISM OF ACTION



Probiotics help to support children's general health and wellbeing in a number of ways, including keeping their digestive system healthy, and enhancing the function of the immune system<sup>1</sup>

### ANTIBIOTIC USE IN CHILDREN

Antibiotics are the most widely prescribed class of medication for Australian children<sup>2</sup>. In order to target a number of different pathogens, most antibiotics have broad-spectrum antimicrobial activity. An unintended consequence of this is that related members of the gut microbiome are often adversely affected<sup>3</sup>. Numerous studies have demonstrated that antibiotics can significantly reduce microbial abundance and diversity<sup>4,5</sup> and induce a state of microbial imbalance, known as intestinal dysbiosis<sup>6</sup>. Intestinal dysbiosis results in the loss of the ability of the gut microbiota to ward off pathogens, which increases susceptibility to infections<sup>7</sup>.

### ANTIBIOTIC-ASSOCIATED DIARRHOEA

A common side effect of antibiotics is antibiotic-associated diarrhea (AAD), which affects around 11% of children in an outpatient setting<sup>8</sup>, and can begin any time from initiation of antibiotic therapy until up to two months after the course is finished<sup>9</sup>. A recent position paper published by a working group of the European Society for Pediatric Gastroenterology, Hepatology, and Nutrition (ESPGHAN) found that probiotic supplements are generally effective in reducing the risk of AAD by 52% (RR 0.48; 95% CI 0.37-0.61), with the strongest evidence being for the use of *Lactobacillus rhamnosus* GG<sup>10</sup>.

### ACUTE RESPIRATORY TRACT INFECTIONS IN CHILDREN

Acute respiratory tract infections (RTIs) - such as the common cold and acute tonsillitis - are particularly prevalent among young children, especially when they attend childcare centres<sup>11</sup>. These illnesses present a significant economic burden, causing parental absenteeism from work, visits to GPs and emergency departments, and antibiotic prescriptions, which are ineffective if the infection is viral<sup>12</sup>. The probiotic strain *Lactobacillus rhamnosus* GG has been shown to significantly reduce the risk of UTRIs in children by 38% (RR 0.62, 95% CI 0.50-0.78) compared to placebo<sup>13</sup>, and significantly reduce their duration<sup>12</sup>.

### RECURRENT ABDOMINAL PAIN IN CHILDREN

*Recurrent abdominal pain* is an umbrella term to describe a number of functional gastrointestinal disorders, including Irritable Bowel Syndrome (IBS), functional dyspepsia, functional abdominal pain, and abdominal migraine. Recurrent abdominal pain is a common problem managed in general practice, affecting between 4% and 25% of school-aged children<sup>14</sup>. A recent systematic review found that children treated with probiotics were more likely to experience improvement in their pain (0-3 months) than those who received placebo (odds ratio 1.63, 95% CI 1.07-2.47; 722 children)<sup>14</sup>.

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