# HAPPY GUT, HAPPY KID

An oft-neglected area of health is the resident flora in the gut. Resident flora are sometimes called "friendly bacteria." Many good bacteria exist in the intestines, or gut. They are an important part of the immune system and help keep us healthy. Being living things, these bacteria naturally multiply. However, there are many different bacteria in the intestines and they keep each other balanced. When one strain multiplies, another comes and fights it, ensuring that levels remain constant. But that's only as long as everything is normal.

#### THE DOWNSIDE OF ANTIBIOTICS

When children are sick, they may require antibiotics. And while antibiotics are an indisputable miracle, they do have negative side effects. Antibiotics do not kill only the illness-causing bacteria, but also destroy good bacteria. This leaves all the strains of friendly bacteria out of balance and has a direct effect on overall health. It weakens the immune system and

affects the digestive system. It makes it difficult to recoup strength and fight the next round of illness.

A common and effective way to combat this problem is by giving probiotics, along with and after rounds of antibiotics. But there's a problem with that, though. Probiotics are delicate. They are not easily shelf-stable. More, their potency also depends on how and where they are digested.

Kidophilus<sup>™</sup> contains 10 million CFUs of probiotics in a 2 mL dose. The fruit punch flavor also makes it easy to dispense to children. Can parents boost their child's health? Now they can, with Kidophilus<sup>™</sup>.

# A NATURAL SOLUTION IN KIDOPHILUSTM

**Kidophilus™** contains quality natural ingredients such as:



#### **CHICORY ROOT**

Kidophilus<sup>TM</sup> contains 50 mg of chicory root, which contains inulin fiber, a type of prebiotic that promotes the growth of beneficial bacteria in the gut.



## BC (BACILLUS COAGULANS)

10 Million CFUs of Bacillus coagulans, or BC. BC is used for healthy digestion.

BC produces lactic acid and secretes fatty acids that help promote the growth of other flora in the digestive tract. It is a natural spore, or self-reproducing cell, and has a natural capsule. This capsule makes BC shelf-stable. More, it ensures that BC only opens in the right environment. BC is naturally resistant to heat, acids, moisture and bile. BC will not be digested before reaching the intestines, and once there, the spores will reproduce and can help in repopulating healthy bacteria.

### WHEN AND WHY PROBIOTICS?

Probiotics can help soothe upset stomach, aid digestion, and are especially helpful for bouts of diarrhea. Additionally, because of its hardiness, Bacillus coagulans will maintain its potency until it reaches the intended destination, the intestines.









**Kidophilus**