

Bring to your pediatrician: Kids Daily Probiotic

Child name: _____ Age: _____ Weight: _____ Date: _____

Parent note: I am considering the product(s) below and would like your advice before using them. They are candidate products, not yet for sale.

Kids Daily Probiotic (evidence grade C)

Ages per label: Children 3 years and older (per label). **Label dose:** 1 stick (Lactobacillus rhamnosus GG, 10 billion CFU at expiry) daily in cool food or drink.

Ingredients: Lactobacillus rhamnosus GG; inulin carrier. No dairy, no sugar.

Claim: Supports digestive health.*

Evidence summary: A Cochrane review found probiotics probably reduce the number of people with upper respiratory infections, with low-to-moderate certainty, and effects vary by strain [1]. NCCIH notes products may not contain what the label states and that probiotics can cause serious infections in premature infants and people with weakened immune systems [2].

Cautions and interactions: Not for premature infants, children with weakened immune systems, central lines or serious illness. Do not mix into hot food, which can kill the bacteria. Keep out of reach of children. Store closed, away from heat. Do not exceed the label dose. Tell your pediatrician about every supplement and medicine your child takes.

Questions to ask

- Is a probiotic appropriate given my child's health history?
- Does my child need this, given their diet and growth?
- Is the label dose right for my child's age and weight?
- Could it interact with any medicine or condition my child has?

Sources: [1] Zhao et al. 2022, Cochrane, doi.org/10.1002/14651858.CD006895.pub4; [2] NCCIH, Probiotics: what you need to know, www.nccih.nih.gov/health/probiotics-what-you-need-to-know

Pediatrician notes

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. Education only, not medical advice.

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