



# KIDS PROBIOTIC

Kids Probiotic is a sweet powder packaged in an easy to use individual packet. The formulation is excellent for supporting your kid's immune system and promoting healthy digestion.\*

## DIRECTIONS:

Children over 2 years: take 1 stick daily. For children over 4 years: consume up to 2 sticks daily; 1 stick in the morning and one in the evening. Do not add to hot food or beverages.

## AVAILABLE FLAVORS:

- Mixed Berry

## BENEFITS:

- 2.5 Billion CFU's of Live Cultures
- Improve Gut Health\*
- Support A Healthy Immune System\*
- Promote A Healthy & Productive Digestive Tract\*
- Improve Regularity\*

## FAQs:

### WHAT ARE PROBIOTICS? DOES MY CHILD NEED A PROBIOTIC?

Probiotics are organisms that provide a beneficial and protective environment to help sustain a healthy GI tract. This environment is created by outnumbering, fighting, and preventing harmful pathogens from attaching to the stomach. Kids of all ages may realize benefits from probiotics. Most importantly, probiotics decrease the number of bacteria in the gut that can cause infections in children. Probiotics can also help provide relief from constipation and diarrhea.

### WHICH STRAINS OF BACTERIA ARE IN IDLIFE KIDS PROBIOTIC?

IDLife's Kids Probiotics contain the most clinically researched strains of probiotics:

- \*Lactobacillus Rhamnosus GG
- \*Bacillus Subtilius DE111
- \*Bifidobacterium Lactis HN019

### IF I AM AN ADULT, CAN I STILL TAKE KIDS PROBIOTIC? WHAT DOSAGE SHOULD I TAKE?

Yes, you can still enjoy Kid's Probiotic as an adult. Each packet contains a guaranteed 2.5 billion CFU's (colony forming units) so a grown adult can enjoy up to 6-8 packets safely every day.

## WHAT ARE CFUS?

CFU's are 'colony-forming units' which quantifies the number of live and active cultures of microorganisms with the ability to multiply.

### IS IT SAFE FOR MY CHILD TO CONSUME MORE THAN 3 BILLION CFU'S?

After exhaustively researching, IDLife has carefully established precise dosages and strains so your child can benefit the most from our probiotic. Children consuming more than 3 Billion CFU's of probiotics might experience diarrhea and other GI problems.

### CAN I MIX KIDS PROBIOTIC INTO A LIQUID OR FOOD?

Yes, Kids Probiotic can be easily mixed with liquid or sprinkled into food. However, hot food and liquids can be detrimental to the CFU's, so try to avoid them.

## IS IT ENOUGH TO EAT FERMENTED FOOD OR YOGURT?

Yogurt is an excellent source of probiotics, but it can contain high sweetener content and other undesirable ingredients. Typically, yogurt will contain Corn Starch, Gelatin, Pectin, and even artificial colors or flavors!

When prepared correctly, fermented food can also present a good source of probiotics. However, fermented foods can also be high in lactic acid and histamine, which can cause skin and GI tract irritation.

## ARE ALL PROBIOTIC SUPPLEMENTS THE SAME?

No, they are not. Certain probiotic supplements contain single strains of probiotics, while others contain multiple strains. The science of how different types of probiotic strains impact the body is still developing. For our Kids Probiotic, we have selected the most extensively researched and complementary strains available on the market today.

\*These statements have not been evaluated by the Food and Drug Administration. IDLife products are not intended to diagnose, treat, cure or prevent any disease. IDLife does not represent that its products are certified organic under the United States Department of Agriculture Rules and Regulations.

Supplement Facts		
Serving Size: 1 Stick (1g) Servings Per Container: 30		
	Amount per serving	% Daily Value*
IDLife Probiotic Blend (Containing)	2.5 Bill CFU (13 mg)	
<i>Bacillus Subtilis DE111®</i>		*
<i>Lactobacillus Rhamnosus GG</i>		*
<i>Bifidobacterium Lactis HN019</i>		*
*Percent Daily Value Not Established.		
OTHER INGREDIENTS: Cane Sugar, Tapioca Maltodextrin, Organic Rice Hull, Citric Acid, Natural Flavors, Malic Acid, Silicon Dioxide.		





## THE SCIENCE OF KIDS PRODUCTS: PROBLEM & SOLUTION

Children have different health needs than adults. As we become more aware of our needs as adults, it's necessary that we also pay close attention to the health of our children. Nutrition comes in many offerings, all of which play an integral part in raising healthy kids and providing them with the best possible immune and gut health support supplementation.

### THE PROBLEM:

- The #1 kids' multivitamin in the world has 11 vitamins, several different artificial sweeteners, and overall, provides questionable nutritional benefit to children. Most kids' vitamins don't include all of the essential vitamins and minerals kids are deficient in, and fail to include any cofactors necessary to deliver those vitamins and minerals to the body's organs and systems that need them.
- Kids vitamins are mostly designed to be marketed and sold as a candy treat, filled with artificial sweeteners, that diminish the nutritional value of the product being provided.
- Most kids' probiotic formulas are more marketing than they are substance, and provide little, if any, real benefit.

### THE SOLUTION:

- IDLife Kids Nutrition is a chewable vitamin packed with all 18 essential vitamins and minerals kids need, the 6 cofactors necessary to deliver those vitamins to the organs and systems of the body, and an ingredient profile that is unmatched and a one-of-a-kind on the market.
- The perfect sidekick to Kids Nutrition, Kids Probiotic contains a carefully chosen combination of three of the most scientifically researched and proven effective probiotic strains available to provide our IDLife Kids the good bacteria their developing digestive tracts crave for overall intestinal health and digestive balance.
- Because kids learn how to maintain a healthy lifestyle at home, IDLife provides parents the ability to mirror good nutritional habits by providing kids with their own high-quality nutritional support supplements.

**“Stores are filled with sugar-based products that market to kids. We love that IDLife cares about kids and has safe products we can trust.” — Dana Kantara, MHS, PA-C**