



Naturemedies UK, EU & USA. A brand of E-Macro Initiatives
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Naturemedies Gut Help Junior Boost

CHILDREN'S MULTI-STRAIN PROBIOTIC POWDER | 1 BILLION CFU | TASTELESS POWDER



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Naturemedies Gut Help Junior Boost is a child-specific probiotic supplement in tasteless powder form, suitable for babies and children of all ages.

It contains 7 strains of naturally-occurring beneficial live bacteria (1 billion CFU), including the child-specific Bifidobacterium infantis strain, as well as the prebiotic fructooligosaccharides (FOS).

It is designed to support healthy levels of intestinal flora at all times, but particularly after a course of antibiotics or following a digestive upset or other illness.

It can offer invaluable immunity support when babies, toddlers or young children return to playgroups or pre-school and germs and viruses can be prevalent.

Probiotics

Probiotics are friendly bacteria that help to maintain the natural balance of organisms (gut flora) in the intestines. They do this by competing for space and food with harmful organisms that would otherwise make people sick, particularly if allowed to flourish and grow in large numbers.

Maintaining healthy gut flora helps us to digest food, absorb proteins, produce B vitamins and support the immune system. It also helps to protect the gut wall and prevents more harmful organisms from establishing themselves. Each person's mix of bacteria varies, but interactions between a person and the micro-organisms in their body, and among the micro-organisms themselves, can be crucial to their overall health and well-being.

The delicate balance of healthy gut flora can be disrupted by a wide range of factors, including illness and the use of antibiotics (which indiscriminately destroy both good and bad bacteria in the body). Children are particularly susceptible to such disruptions.

Most probiotics are live micro-organisms that are similar to those naturally found in the gut, especially in those of breastfed infants (who have natural protection against many diseases).

Naturemedies Gut Help Junior Boost is a high potency, multi-strain probiotic supplement, designed specially for children. Not only does it contain the child-specific Bifidobacterium infantis strain, it comes in an easy-to-administer tasteless powder form - it can be added to any liquid or food.

Providing 1 billion live bacteria per serving, the 7 strains help to ensure that parents can replenish their children's vulnerable tummies with a diversity of beneficial flora. The friendly bacteria contained in Gut-Buddies Infantis Complex occur naturally in the digestive tracts of children.

Prebiotic (FOS)

Probiotics are not to be confused with prebiotics, which are basically a source of food to help probiotics grow, multiply and survive in the gut.

They are fibres, which cannot be absorbed or broken down by the body and therefore serve as an excellent food source for probiotics (particularly the Bifidobacteria strain), to encourage an increase in their numbers.

While probiotics are living micro-organisms, prebiotics are non-living. When probiotics and prebiotics are mixed together, they form a synbiotic.

By nature, prebiotics do not stimulate the growth of bad bacteria or other pathogens. The official definition of "prebiotic" is: "non-digestible food ingredients that beneficially affect the host by selectively stimulating the growth and/or activity of one or a limited number of bacteria in the colon, which can improve host health."

We have therefore included the prebiotic Fructooligosaccharide (or FOS) in the Naturemedies Gut Help Junior Boost formula. It has been a popular dietary supplement in Japan for many years and is now becoming increasingly popular in Western cultures for its prebiotic effects.

FOS serves as a substrate for microflora in the large intestine, increasing overall gastrointestinal tract health. It is also used as a supplement for preventing yeast infections.

Several studies* have also found that FOS promotes calcium absorption in the human gut. The intestinal microflora in the lower gut can ferment FOS, which results in a reduced pH. Calcium is more soluble in acid, and, therefore, more of it comes out of food and is available to move from the gut into the bloodstream.

*<https://academic.oup.com/jn/article/128/10/1815/4723152>

Antibiotic-associated diarrhoea (AAD)

Antibiotics kill friendly bacteria in the gut, along with harmful bacteria. Probiotics are therefore often used to offset some of the digestion-related side effects of using antibiotics (such as constipation, wind, cramping and diarrhoea). AAD, in particular, results from an imbalance in the colonic microbiota caused by antibiotic therapy. Probiotic treatment can reduce the incidence and severity of AAD.

Improving immune function and preventing infections There are antibody-producing cells (Gut Associated Lymphoid Tissue or GALT) in the digestive tract, which are connected with the immune system. One theory is that if you alter the micro-organisms in a person's intestinal tract (e.g. by introducing probiotic bacteria), you can affect the immune system's defences. One study* suggested that the anecdotal benefits of probiotic therapies as beneficial for preventing secondary infections, a common complication of antibiotic therapy, may be because keeping the immune system primed by eating foods enhanced with "good" bacteria may help counteract the negative effects of sickness and antibiotics. It was thought that antibiotics may turn the immune system "off" while probiotics turns it back on "idle", and make it more able to quickly react to new infections.

*Hamilton-Miller JM (October 2003). "The role of probiotics in the treatment and prevention of Helicobacter pylori infection". International Journal of Antimicrobial Agents 22 (4): 360-6. Doi: 10.1016 / S0924 - 8579 (03) 00153-5. PMID 14522098

Lactic acid bacteria (LAB) foods and supplements have also been shown* to aid in the treatment and prevention of acute diarrhoea and in decreasing the severity and duration of rotavirus infections in children and travellers' diarrhoea in adults.

*https://ods.od.nih.gov/pubs/ebrp/probiotics_for_the_prevention_and_treatment_of_antibiotic-associated_diarrhea.pdf

Improving mineral absorption

Probiotic lactobacilli can help to correct malabsorption of trace minerals*, found particularly in those individuals with diets high in phytate content from whole grains, nuts and legumes.

*<https://pubmed.ncbi.nlm.nih.gov/16095846/>

Reducing inflammation

LAB supplements have been found to modulate inflammatory and hypersensitivity responses*. Clinical studies suggest that they can prevent recurrences of inflammatory bowel disease in adults, as well as help to improve milk allergies**.

*<https://ods.od.nih.gov/factsheets/Probiotics-HealthProfessional/>

**<https://pubmed.ncbi.nlm.nih.gov/28029082/>

Preventing harmful bacterial growth under stress

In a study* done to understand the effects of stress on intestinal flora in mice, it was found that dietary or probiotic interventions might be effective levers in the therapeutic arsenal to fight stress-associated depressive syndromes.

*<https://www.nature.com/articles/s41467-020-19931-2>

Irritable Bowel Syndrome and colitis

Certain probiotics have been found* to improve symptoms of IBS and to be safe in treating ulcerative colitis.

*<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8786549/#:~:text=In%20conclusion%2C%20this%20study%20demonstrated,symptoms%20persist%20during%20endoscopic%20remission.>

Usage:

Add 1 scoop (1g) powder daily to food or liquid for a period of at least 15 days, or as advised. Can be mixed into food, water, milk, juice or other liquids.



Please SCAN the QR-Code to find out more information and related products

