



Updated March 2012

## ***'Optibac<sup>®</sup> for your Child's Health'***

### **How will your child benefit from it?**

#### **What's it for?**

It is a natural probiotic and prebiotic supplement in a sachet. It supports healthy digestion and immunity in infants and children

#### **Who's it for?**

For babies, infants & children from 6 months to 12 years old; also for pregnant women and breastfeeding mothers looking to support their child's health

#### **Each sachet provides**

3 billion live probiotic cultures and 0.75g of prebiotic fibres

#### **Directions for babies, infants & children**

From 6 months onwards, '*Optibac<sup>®</sup> for your Child's Health*' can support digestive health and immunity. Research shows that having good probiotic levels helps to support digestion, immunity and energy for infants and children, in particular:

- Formula-fed babies
- Babies, infants & children during and after antibiotics
- Infants delivered by Caesarean section
- Premature infants
- Babies & children with digestive issues Eg. Colic, diarrhoea, constipation, lactose intolerance
- Babies and children with allergies and skin irritations such as eczema

Children given antibiotics may develop an imbalance of good and bad bacteria in the intestines, as antibiotics deplete normal levels of probiotic bacteria. An imbalance in the gut can manifest in the form of allergies and digestive problems in children, such as diarrhoea or constipation. Supplementing your child's natural healthy bacteria can contribute to their overall health and wellbeing. Probiotics and prebiotics can support a healthy immune system in infants & children. A healthy balance of probiotics in the intestines is thought to provide specific enzymes needed in the digestion of particular substances, production of B complex vitamins and vitamin K, and improves the absorption of minerals and nutrients such as calcium, essential for young children

***'OptiBac For your Child's Health'* is a natural supplement, and is completely free from sugars, artificial flavours & colourings which can be found in other children's probiotics**

#### **How to take?**

- Infants from 6 to 12 months: one sachet per day
- Children 12 months and above: one to two sachets per day, as desired
- Pregnant and breast feeding mothers: one sachet per day

The 10 sachet pack of "***OptiBac For your Child's Health'*** costs €7.88 in Whelehans

Whelehans Pharmacy  
38 Pearse St Mullingar  
Tel 04493 34591  
Web [www.whelehans.ie](http://www.whelehans.ie)

