



Always read the label and follow the directions for use.
Available as 60g and 120g powders.
Store at 2°C to 8°C. Refrigerate. Do not freeze.

KIDS HEALTH



IMMUNE BOOSTER KIDS

- ✓ Reduces the frequency & duration of common cold symptoms
- ✓ Reduces the number of days absent from childcare or school due to common colds
- ✓ Reduces the incidence of runny noses and coughs
- ✓ Boosts immune system function

EACH 1G DOSE CONTAINS 10 BILLION LIVE PROBIOTICS:

<i>Lactobacillus acidophilus</i> (NCFM®)	5 Billion CFU
<i>Bifidobacterium lactis</i> (Bi-07)	5 Billion CFU

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PATIENT INSIGHT

Twelve per cent of consumers give their child a probiotic to build their immunity and reduce sick days from school/childcare.¹
People who prefer a fridge probiotic are more engaged with their health, and their family's health.²
50% of probiotic users buy fridge products.²

CLINICAL FOCUS:

Children's immune health

KEY FORMULA FEATURES:

Clinically trialled probiotic strains for children's health.

KEY ACTIONS:

Reduces the frequency & duration of common cold symptoms
Reduces the number of days absent from childcare or school due to common colds
Reduces the incidence of runny noses and coughs
Boosts immune system function

PROFESSIONAL PRESCRIBING GUIDELINES:

Directions for use:

Children over 2 years:

Take 1 scoop (1g) once daily mixed into water, juice or milk (warm or cold). Sprinkle on cereal or food. Alternatively, take as advised by a healthcare professional.

Inner Health Immune Booster Kids is non-flavoured with a naturally sweet taste.

Storage: Store at 2°C to 8°C. Refrigerate. Do not freeze.

Disclaimer: In the interest of supporting Healthcare Practitioners, all safety information provided at the time of publishing is in accordance with Natural Medicine Database (NATMED PRO), renowned for its professional monographs which include a thorough assessment of safety, warnings, and adverse effects

For further information on specific interactions with medications, please contact Clinical Support on 1800 777 648, or via email, anz_clinicalsupport@metagenics.com.

WARNINGS:

If symptoms or coughing persist consult your healthcare professional. Not to be used in children under 2 years of age without medical advice.

CAUTIONS:

Antibiotics: Separate administration of probiotics and antibiotics by at least two hours.^{3,4}

PREGNANCY:

A meta-analysis of four clinical trials shows that taking probiotics during pregnancy increases the relative risk of pre-eclampsia. The specific effects of *B. lactis* are unclear from this analysis. More information is needed to determine if certain patients are at increased risk.⁴

BREASTFEEDING:

There is insufficient reliable information available about the safety of *Lactobacillus acidophilus* or *Bifidobacterium lactis* during lactation. However, there are currently no reasons to expect safety concerns when used appropriately.^{3,4}

NO ADDED: Artificial flavours, colourings or preservatives.

FREE FROM: Gluten, wheat, dairy, lactose, eggs, nuts, yeast and salt.

HCP COUNSELLING QUESTIONS

Can my kids take this formula with antibiotics?

Yes, you can give your kids Inner Health Immune Booster Kids while they are taking antibiotics. Separate doses by 2 hours. If you're looking to take a probiotic to help with symptoms associated with antibiotics for children over 5 years we recommend **Inner Health Restore-Biotic**. For support alongside antibiotics for younger kids (from birth) we suggest **Inner Health Plus Baby & Kids**.

Does Inner Health Immune Booster Kids contain dairy?

No, Inner Health Immune Booster Kids does not contain dairy or lactose.

CLINICAL FEATURES

Reduces the frequency & duration of common cold symptoms

Infection with the common cold is relatively common. Adults tend to get 2 to 4 colds each year, while children may get between 5 and 10 colds a year.⁵ Common symptoms include fever, sneezing, coughing, blocked or runny nose and sore throat.⁵

The combination of *Lactobacillus acidophilus* (NCFM®) and *Bifidobacterium lactis* (Bi-07) has been shown to reduce both the frequency and duration of common cold symptoms. In a prospective, double-blind, placebo-controlled study 248 children aged 3 to 5 years were given either a combination of 5 billion colony forming units per day (CFU/d) each of NCFM® and Bi-07, a single probiotic strain or placebo.⁶ Compared to placebo, single and combination probiotics significantly reduced fever incidence by 53.0% (p=0.0085) and 72.7% (p=0.0009), coughing incidence by 41.4% (p=0.027) and 62.1% (p=0.005), and rhinorrhea incidence by 28.2% (p=0.68) and 58.8% (p=0.03), respectively. Additionally, the duration of all three symptoms was also significantly reduced, by 32% (single strain; p=0.0023) and 48% (strain combination; p=0.001), compared to placebo.

Similarly, in a group of 250 healthy adults, the combination of NCFM® and Bi-07 (10 billion CFU/d) was associated with 19%–22% less days of common cold symptoms, compared to placebo.⁷ Moreover, in the probiotic group the rate of lower respiratory tract illnesses of 5 days or longer duration was 53% lower and common cold medication use was also reduced (23% lower for illnesses of ≥3 d and 35% lower for illnesses of ≥5 d duration).

Reduces the number of days absent from childcare or school due to common colds

As mentioned, children may get up to 10 colds a year,⁵ and the resulting absenteeism from childcare or school can have flow on effects for their caregivers. In the previously described study of 248 children given either a combination of 5 billion CFU/d each of NCFM® and Bi-07, a single probiotic strain or placebo, the probiotics were associated with significant reduction in the number of days absent from group childcare. Specifically, children receiving either probiotic strain reported a 31.8% reduction in days absent (p=0.002), while those receiving the combination had a 27.7% reduction (p=0.001), compared with those receiving placebo treatment.⁶

Reduces the incidence of runny noses and coughs

Runny noses and coughs are common symptoms of viral infections such as the common cold.⁷ A combination of 5 billion CFU/d each of NCFM® and Bi-07 was found to significantly reduce the incidence of runny nose by 58.8% (p=0.03) and coughing by 62.1% (p=0.005), compared to placebo.⁷

Boosts immune system function

Healthy immune system function is essential to support clearance of infections. An estimated 70–80% of immune cells are located in the gut, with an intricate interplay between the gut microbiota, the intestinal epithelial layer and the local mucosal immune system.⁸ Therefore, targeting the gut microbiota with probiotics to support immune function makes sense. A 2022 Cochrane review concluded that probiotics were better than placebo or no treatment in preventing acute upper respiratory tract infections.⁹

The combination of 5 billion CFU/d each of NCFM® and Bi-07 has been shown to be effective in supporting immune system function, evidenced clinically by reducing both incidence and duration of common cold-like symptoms when given to healthy children attending daycare.⁶ These benefits meant the children who received the probiotics missed fewer days from daycare and required fewer antibiotic prescriptions. The study authors proposed mechanisms including immune cell interaction between toll-like receptors and dendritic cells.⁶

References

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