



Boost your baby before it's born

BioGaia probiotics during
pregnancy and early infancy



For medical professionals only



Probiotics for expecting mothers

Being pregnant is a fantastic experience but it is also a major adjustment for your entire body.

You are no longer alone in your decisions and actions, but sharing everything with a tiny baby.

In many ways, your days as a mother have already begun.

Probiotics can, by promoting a healthy microflora, prevent or relieve common pregnancy problems like constipation.

Probiotics can also increase your overall immunity for infections and may even help boost the immune system for your unborn baby.

Mother to Fetus through microbial communication

It has long been believed that the fetus is sterile in utero and that microbial colonization of the newborn starts first during and after birth.¹

But discoveries now point to pregnancy as the beginning of the bacterial exposure for the developing fetus suggesting that an efflux of bacteria through the placental barrier may occur already during pregnancy.¹⁻⁸

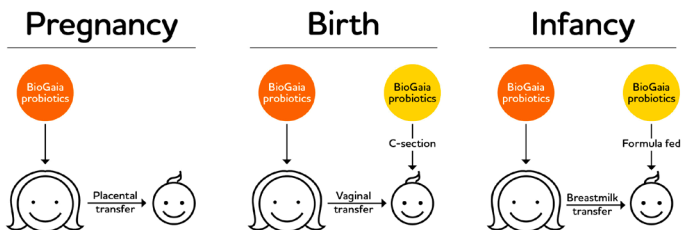
The maternal microbes are transferred from mother to baby during vaginal birth, by breast milk and possibly through the placenta. However, a hectic lifestyle can create a dysbiotic maternal microbial environment, unexpected events can force delivery through C-section or prevent the breast feeding from functioning properly – all delaying the establishment of favorable bacteria in the intestine of the offspring.

An imbalanced maternal microbial environment can result in developmental abnormalities in the fetal intestine.⁹ This may lead to a low-grade inflammation and abnormal intestinal metabolism, resulting in colic symptoms for the newborn baby.¹⁰

For the pregnant woman probiotics can also help alleviate common pregnancy problems, like constipation¹¹ as well as increase the overall immunity for infections.¹³

BioGaia probiotics can help improve the gastrointestinal balance for both mother and baby from pregnancy through infancy and beyond.

It is also one of the most well-researched probiotics in the world and has in numerous clinical studies proved to be safe for both mother and child.^{14, 15}



Avoid constipation during pregnancy

Feeling bloated and constipated?
You are far from alone.

Up to 50% of all pregnant women suffer from constipation at some point during the pregnancy.¹⁵ Constipation can put a damper on most pregnancies but can also lead to, or worsen, hemorrhoids.

Try to improve your bowel movements by eating more fibers, drinking a lot of water and exercising.

BioGaia *L. reuteri* DSM 17938 affects gut motility which is important for proper food digestion and constipation relief and can increase the number of bowel



Protect yourself from infections

Staying healthy with a strong immune system is always important, but even more so during pregnancy. Although pregnant women aren't more susceptible to initial infection in general, the physiological changes of pregnancy (e.g. decreased lung capacity, urinary stasis, changes in blood flow, and hormonal shift) may make a disease more severe than it normally would be.¹⁶

Our modern lifestyle, with too little exercise, unhealthy food and high levels of stress can further increase the risk of getting sick. Since 80% of the immune system is located in the gut, taking good care of your stomach is an important first step.

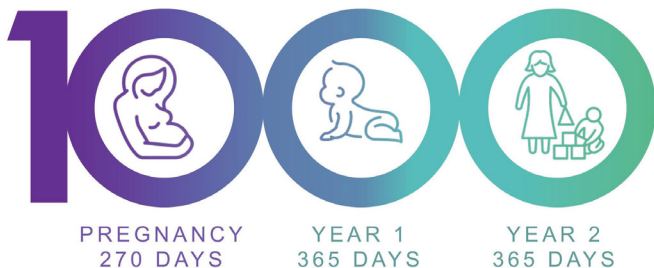
Antibiotic-associated side effects

Since a severe infection may risk the health of both mother and child, affected women are often treated with antibiotics.

Although antibiotics may be great for beating out ongoing infections they are unfortunately equally efficient in killing healthy and helpful bacteria, and can cause adverse effects such as nausea, vomiting and skin rash.^{17,18}

BioGaia *L. reuteri* DSM 17938 has proved to reduce the number of days and episodes with fever, doctor visits, absence from work and day-care due to infections¹⁹ as well as antibiotic-associated side effects.²⁰





Microbiome in first 1000 days of life:
role of probiotics on infection and immune
modulation.

There has been significant development in the field
of human microbiome and particularly in the role
of microbiome in the first 1000 days of life.

Prevention of preeclampsia and preterm delivery

Latest observational research from Norway shows good probiotics intake during pregnancy can help lower preeclampsia risk and risk of preterm delivery.²¹

Sample size: 70,149



Promote the microbiota after C-section

Staying healthy with a strong immune

One of the benefits of giving birth vaginally is the microbial transfer.

During vaginal delivery the baby is colonized by maternal vaginal and fecal bacteria²², while babies born via cesarean section instead are colonized by bacteria associated with the skin and the hospital environment²³, and the establishment of favourable bacteria is thereby delayed.²⁴



Birth by C-section has been associated with the development of allergy and asthma, as well as type I diabetes, celiac disease and obesity, which may be linked to the altered microbiota colonization in those babies.¹²

New evidence suggests that probiotic bacteria could prevent early microbiota dysbiosis induced by C-section delivery.

A recent study showed that supplementation with **BioGaia *L. reuteri* DSM 17938** modulated the early development of the microbiota in babies born by C-section, making their microbiota more similar to that of vaginally born babies.¹³



Infantile colic

As many as 26% of all babies are diagnosed with colic in their first weeks of life.²⁷ This condition of constant fussing and crying can many times leave parents feeling frustrated and helpless.

But remember that there is nothing you as a parent have done wrong that has caused the colic to appear.

If the basics of feeding, burping and changing the diaper have been covered, try soothing the baby by swaying, gentle bouncing or going for a walk.



Dr. Flavia Indrio
Department of Paediatrics
University of Bari, Italy

“Colic, constipation and regurgitation can be **prevented** through early intervention with *L. reuteri* DSM 17938”

Dr. Flavia Indrio recommend **microbial transfer** from mom to newborns for at least **1000** days from conception to 2 years after birth for the life-long health of the child.

No one knows exactly what causes colic. It can be overproduction of intestinal gas, forceful intestinal contraction, hypersensitivity to cow's milk protein, changes in intestinal microbiota or maybe all of them combined.

Usually it gradually gets better within 3-4 months. Growing evidence has linked the gut microflora to colic in infancy. An imbalanced microflora may be the reason for abnormal gut motility and increased gas production.²⁸

BioGaia *L. reuteri* DSM 17938 is the only probiotic recommended to both treat and prevent infantile colic.²⁹

Supplementation of **BioGaia *L. reuteri* DSM 17938** to healthy babies reduced the daily crying by more than 50%.^{30,31}



BioGaia Probiotics

BioGaia is an innovative Swedish healthcare company and a world-leader in probiotics with more than 25 years of experience in the field of probiotic lactic acid bacteria.

Our probiotic strain **BioGaia *L. reuteri* DSM 17938** is a natural probiotic supplement that is safe and suitable for long term use.

The health effects are documented in more than 217 completed clinical studies conducted on more than 18,000 individuals including infants, children and adults.



The BioGaia Pathway

Prenatal supplementation



Supports a healthy maternal microflora



Transfers to breast milk



*Contributes to a healthy
breast milk composition*



*A source for
colonization of the
breastfed infant's
developing gut*

*Provides microbial
stimulation for the
breastfed infant's
developing immune
system*



Mom's Choice Award
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THE PROBIOTIC FOR
PREGNANT & LACTATING
MOMS



THE PROBIOTIC FOR PREGNANT & LACTATING MOMS



**Mom's Choice Award
Gold Recipient Winner**

BIOGAIA BABY DROPS FOR GUT COMFORT

The only probiotic with
scientific evidence
in infantile colic.

BioGaia is special.
It is derived from
human mother's milk.

Safe for 0-3 years old



Newborn babies acquire
their microflora primarily
from their mother



Prenatal supplementation with **BioGaia**
L. reuteri **DSM 17938** contributes to a
healthy maternal microflora

**Healthy Mum,
Healthier Baby**







在宝宝出生前 促进他健康的成长

最适合孕妈妈和宝宝的
益生菌 - **BioGaia**

专为孕妇打造的益生菌

怀孕是一件美好的事情，但从这一刻开始，孕妈妈的身体会发生各种奇妙的变化。

此时，孕妈妈不再是一个人生活，肚子里的宝宝将会伴随您渡过生活中的点点滴滴。这也意味着，您升格成为妈妈的角色已经开始了。

怀孕后，由于激素分泌的变化，加上生活作息方式的改变，孕妈妈最容易面临的问题就是肠道问题，比如便秘、消化不良等问题。

而此刻，体内的益生菌将会发挥作用，促进肠道建立起健康的菌群生态环境，帮助孕妈妈预防和解决常见的妊娠问题。

不仅如此，益生菌还能提高孕妈妈的免疫力避免感染，并且帮助体内的宝宝建立强大的免疫系统。

孕妈妈与宝宝之间的连系

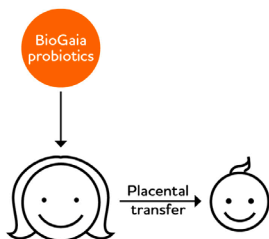
长期以来，人们一直认为大部分宝宝首次接触菌群是在出生的那一刻开始，也就是说宝宝在子宫内是无菌的。但是近年来的研究表明，通过胎盘的输送过程中，宝宝就已经有接触到菌群的可能性，其中包括了细菌。

对于自然分娩的宝宝，在分娩期间，母体部分的菌群将转移到宝宝身上，再通过母乳喂养帮助宝宝肠道建立起健康的菌群生态环境。然而，现实生活中太多的变化，导致宝宝并不能很好的建立起完善的肠道系统，比如剖腹产、母乳喂养遇到阻碍等等。

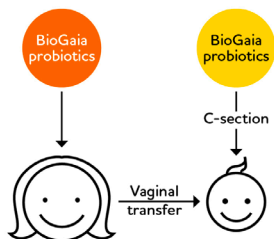
面对种种的问题，宝宝的肠道系统发育受到了限制，从而导致最常见的问题就是肠绞痛。可见，孕妈妈在怀孕期间体内的菌群环境，会间接影响着宝宝，而益生菌在菌群生态里扮演了非常重要的角色。

对于孕妈妈来说，益生菌不仅可以帮助孕妈妈缓解常见的妊娠问题（如便秘、提高免疫力），也能帮助孕妈妈和宝宝改善肠道的菌群生态环境。

Pregnancy

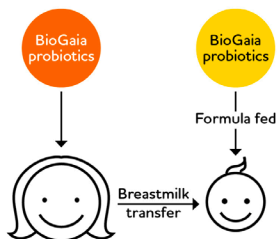


Birth



而**BioGaia**益生菌，正是孕妈妈所需要的益生菌。**BioGaia**益生菌是一个被世界研究最多的益生菌之一，并在许多临床研究中已证明对孕妈妈和宝宝都是安全的。

Infancy



怀孕期间避免便秘

怀孕后，您是否总是感到胀气，也便秘问题？这是孕妈妈在怀孕后最常遇到的问题。

据统计，高达50%的孕妈妈在怀孕之后便秘的问题。便秘不仅会影响怀孕，严重者可能导致恶化成痔疮。

所以建议在怀孕期间，要适量的运动含纤维素的食物以及多喝水来帮助肠道缓解便秘的问题。

而BioGaia益生菌里含有的**BioGaia 罗氏杆菌DSM 17938**，对于缓解便秘和消化问题是至关重要的，它能帮助肠道蠕动约30%。





保护自己免受感染

拥有强大的免疫系统是保持健康的第一防线，在怀孕期间更是如此。虽然孕妈妈一般不易受感染的影响，但怀孕期间的生理变化（例如肺活量下降，尿淤滞，血流变化和荷尔蒙移位）可能会使疾病恶化。

受现代化生活方式的影响，很多孕妈妈缺乏锻炼、不健康的饮食方式、精神压力与日俱增等等，都是导致免疫力下降的因素。由于 80% 的免疫系统都位于肠道，因此照顾好自己的肠道是重要的第一步。

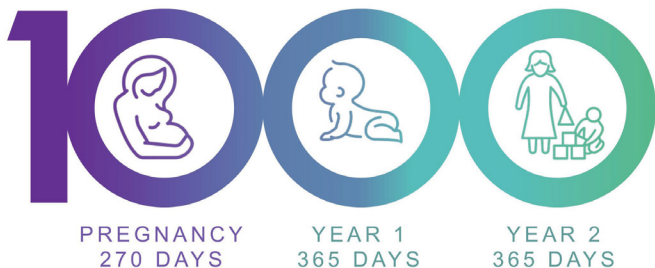
与抗生素相关的副作用

由于严重感染可能会危及孕妈妈和宝宝的健康，很多时候孕妈妈避免不了接受抗生素的治疗。

尽管抗生素可能对于某些感染起到相应的治疗效果，但很遗憾的是，抗生素也会杀死体有益的细菌，导致恶心、呕吐和皮疹等不良反应。

经过大量的实验证明，孕妈妈体内含有**BioGaia 罗伊氏乳酸杆菌DSM 17938**，不仅能够减少感染的机会，且相对于服用抗生素导致的副作用，有更好的效果。





生命最初1000天的微生物组：益生菌对感染和免疫调理。

在人体生物学组研究已经有重大的进展，尤其是在生命最初1000天的微生物组的作用。

预防早产和先兆子痫

在挪威进行一项与70,149人的观察性研究，并显示怀孕期间摄取优良的益生菌有助降低早产和先兆子痫的风险。



对于剖腹产的宝宝

宝宝肠道的初始细菌定植，是宝宝适应宫外环境的第一个重要环节。对于自然分娩的宝宝，通过孕妈妈的产道接触到的有益菌群，最有可能让宝宝肠道形成正常的细菌定植。而对于剖腹产的宝宝，出生后直接接触医院环境的菌群，有可能造成异常的细菌定植。

据实验表明，剖腹产与过敏、哮喘、I型糖尿病、乳糜泻和肥胖的发展有关，这可能是因为剖腹产异常的细菌定植引起的。

但值得一提的是，最近一项研究表明，摄取 **BioGaia** 罗伊氏乳酸杆菌 **DSM 17938** 有效的调节了剖腹产宝宝肠道菌群的早期发育，使他们的肠道菌群相似于自然分娩出生的宝宝。



改善婴儿肠绞痛

多达26%的宝宝在出生后的头几周，都会面临肠绞痛的问题。肠绞痛带来的痛苦，会让宝宝持续性的哭闹，让很多家长感到沮丧和无助。

但请记住，作为家长的您，并没有做错任何事情导致宝宝出现肠绞痛。

您可以通过亲喂、打嗝、飞机抱、腹部按摩等等，帮助宝宝缓解肠绞痛，达到安抚效果。

目前没有任何研究能够证明导致肠绞痛的原因。它可能是肠道气体的过量产生、强烈的肠



Dr. Flavia Indrio
国际婴幼儿肠胃科权威教授
意大利著名大学-巴里大学

最新研究：

“早期摄取 *L. reuteri* DSM
17938 可**预防**腹绞痛，便秘和反
胃吐奶”

Dr. Flavia Indrio 建议母体到新生儿的**微生物转移**在受孕到出生后2年至少**1000**天内进行，以确保孩子的一生健康。

道收缩、对牛奶蛋白质过敏、肠道菌群变化等而导致的。通常，宝宝肠绞痛会在3-4个月内逐渐改善。

但越来越多的研究表明，肠道菌群与宝宝时期的肠绞痛有关。异常的菌群环境，可能是肠道运动异常和气体产生增加的原因。

而**BioGaia** 罗伊氏乳酸杆菌**DSM 17938**是唯一推荐用于治疗 and 预防宝宝肠绞痛的益生菌。

正常情况下，宝宝摄取**BioGaia** 罗伊氏乳酸杆菌**DSM 17938**，能有效的减少50%宝宝因肠绞痛而哭闹的时间。



BioGaia 益生菌

BioGaia是一家创新的瑞典医疗保健公司，也是全球益生菌的领军者，在益生菌乳酸菌领域已拥有超过25年的经验。

其中，**BioGaia**益生菌里含有的菌株 **BioGaia** 罗伊氏乳杆菌**DSM 17938**是一种天然的益生菌补充剂，安全且适合长期使用。

对此，**BioGaia**公司在全球已拥有超过217篇研究，并对超过18,000人进行了统计，证实了菌株 **BioGaia** 罗伊氏乳杆菌**DSM 17938** 对人体健康的有效性，其中包括了宝宝、儿童以及成人。



专为孕妈妈和哺乳期 妈妈打造的益生菌



现有咀嚼片装

适合3岁以上小孩与成人食用

哺乳与怀孕妇女安全食用



**Mom's Choice Award
Gold Recipient Winner**

让宝宝感到舒适的 BioGaia点滴形式益生菌

唯一具有科学证明，
能缓解宝宝肠绞痛的益生菌。

BioGaia 益生菌非常特别，
它源自母乳。

适用于0-3岁的宝宝。



BioGaia 罗伊氏乳杆菌

L. reuteri DSM 17938在婴儿腹痛中唯一具有科学证据的益生菌



BioGaia 罗伊氏乳杆菌 *L. reuteri* DSM 17938 有效用于以下症状：

- * 婴儿绞痛（肚子进风） - 减少婴儿的哭泣时间
- * 反胃（呕吐奶）
- * 便秘
- * 功能性腹痛 (FAP)
- * 急性肠胃炎 - 缩短持续时间的水样腹泻和呕吐
- * 预防感染
- * 抗生素相关的副作用（腹胀，腹泻，恶心与呕吐和腹痛）
- * 减少过敏/湿疹
- * 帮助婴儿配方奶粉（如牛奶）

新生儿主要从母亲身上获得 微生物菌群



产前补充 **BioGaia *L. reuteri* DSM 17938** 益生菌有助于形成孕妇体内的健康微生物群落

**妈妈健康
宝宝更健康**

BioGaia®

Probiotics grounded in evolution
Driven by science



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Distributor:

Pharma Ace Sdn Bhd

No. 22 Jalan PJU 3/46

Sunway Damansara

47810 Petaling Jaya

Selangor, Malaysia

T +603 7880 8481

www.pharma-ace.com.my

pharmaAce

www.biogaia.com.my



BioGaia Malaysia