

The only probiotic
with scientific evidence
in infantile colic


BioGaia®
Probiotics grounded in evolution
Driven by science

How to get the smile back from your baby

Learn about colic and
how it can be managed

What is colic?

As many parents know, colic is far more than just crying. The clinical term refers to a condition of inconsolable crying, fussing and irritability in an otherwise healthy baby during the first three months of life.

Colic usually appears in the evening, but can be present at other times as well.

Colic fact:

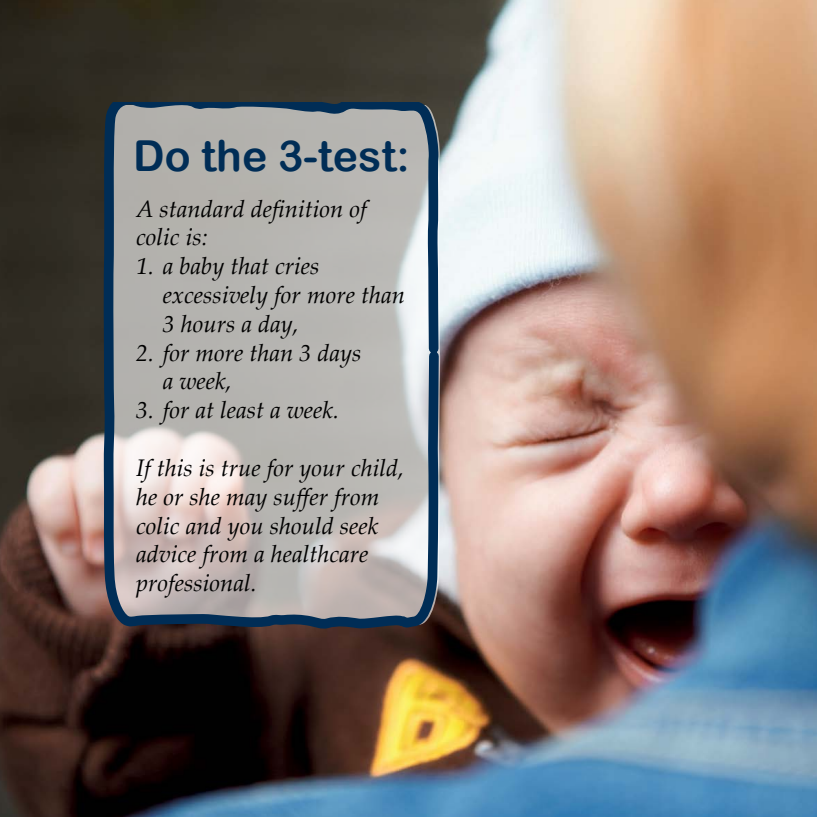
Up to 1 out of 5 babies is diagnosed with infantile colic.

Do the 3-test:

A standard definition of colic is:

- 1. a baby that cries excessively for more than 3 hours a day,*
- 2. for more than 3 days a week,*
- 3. for at least a week.*

If this is true for your child, he or she may suffer from colic and you should seek advice from a healthcare professional.

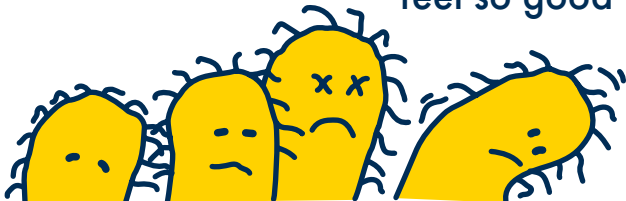


What causes colic?

No one really knows for sure.

There are probably several causes – psychological, social as well as biological. For example, food allergy and disturbed gut motility (how the stomach and intestines move) have all been discussed as possible explanations.

I don't
feel so good



In recent years, the role of the gut microbiota* has come into focus. These micro organisms help us break down and digest food, and keep the immune system in balance.

Colicky infants have been seen to have a lower number of a certain type of healthy bacteria (lactobacilli) in their system, compared to healthy infants.

** Yes, it's a strange word. It means the microbe population – trillions of microorganisms – that lives in our intestines. Gut flora is another name for it.*

Bad news

*Despite decades of research,
the cause of infantile colic
remains uncertain.*

Good news

*Recently, the role of the
gut microbiota seems to
hold an answer.*

What you hear is just us
working down here!



Gut motility/movement = a good gut feeling

Gut motility/movement is a term that describes the contractions of the muscles that are responsible for breaking down and moving food from the stomach, through the intestines, to the bowels.

Simply put: how a child's digestive system works.

If the child's gut motility is not fully developed or disrupted for some reason, this may cause pain and excessive gas and lead to unfortunate and frustrating results:

- Colic
- Constipation
- Regurgitation

Hey, that tickles!



What can you do as a parent?

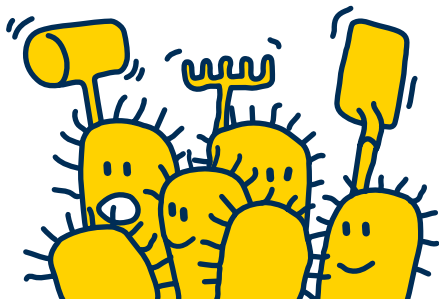
First of all: try to keep your spirits up and stay calm, even though it may be hard. Remember, there is nothing you have done wrong that has caused the colic to appear. And usually, it gradually gets better within 3–4 months. Often much sooner than that.

Okay, enough with the pep-talk. What can you actually do to make things better? As said before, research has started to focus more on the importance of the intestinal microorganisms in colic, constipation and regurgitation.



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Let's restore the balance!



Differences in microbiota composition in colicky and non-colicky infants



Healthy



Moderate colic



Severe colic

Lower counts of intestinal lactobacilli species in colicky infants compared to non-colicky ones.

Higher counts of coliforms, especially *E. coli*, in colicky infants compared to non-colicky ones.

Lionetti E et al. Lactobacillus reuteri therapy to reduce side-effects during anti-Helicobacter pylori treatment in children: a randomized placebo controlled trial. Aliment Pharmacol Ther. 2006;24:1461-1468.

BioGaia® puts smiles inside

BioGaia is a powerful strain of *Lactobacillus reuteri* that has been shown to maintain gut motility, health and function in infants.

This creates the right conditions for a happy tummy and a good gut feeling – a great start to setting a new life in motion.



0 - 3 years old

BioGaia does not affect breast-feeding or the taste of food. It is completely safe for both infants and children.



It is important to treat colic. Colics untreated can lead to:

- FGIDs (functional gastro intestinal disorders) especially in the first 12 months of infant life
- Neurological disorder (eg migraine), psychological disorder, developmental delay
- Inadequate gut hormone secretion
- Gut microflora imbalance
- Aerophagia (excessive air swallowing)
- CMP allergy (eg. cow milk allergy)
- GERD (gastroesophageal reflux disease)

BioGaia Probiotic throughout childhood

L. reuteri is indicated for:

- * **Infantile colic**
- * **Regurgitation**
- * **Constipation**
- * **Acute gastroenteritis**
- * **Infection protection**
- * **Reduce allergies and eczema**
- * **Help tolerance for infant formula**
- * **Antibiotic – associated side effects**

BioGaia L. reuteri is special.

It is derived from human mother's milk.

Safe for infants 0-3 years old.

The only probiotic with scientific evidence in infantile colic

Prescribed in 100 countries worldwide by child specialists!



**Newborn babies acquire
their microflora primarily
from their mother**



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



**Also available in chewable
For children 4 - 18 years old and adults
Safe for breastfeeding and during pregnancy**

BioGaia®

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Driven by science



Distributor:

Pharma Ace Sdn Bhd

22 Jalan PJU3/46

Sunway Damansara

47810 Petaling Jaya

Selangor, Malaysia

T +603 7880 8481

www.pharma-ace.com.my

pharmaAce



BioGaia Malaysia

www.biogaia.com.my