

BioGaia[®]
Supporting your invisible heroes

**How to get
the smile back
from your baby**

**No. 1
Colic Remedy
For Babies**



For medical professionals only

BioGaia Probiotic throughout childhood

The only probiotic with scientific evidence in infantile colic.
Prescribed in 100 countries worldwide by child specialists!

BioGaia Probiotic Drops

- Infantile colic
- Regurgitation
- Constipation
- Functional abdominal pain (FAP)
- Acute gastroenteritis
- Infection protection
- Antibiotic - associated side effects
- Help tolerance for infant formula

**New Packing
Same Formula**

Suitable for 0-3 years old
Recommended dose: 5 drops a day



MAL06091463XC

BioGaia Probiotic Drops with Vitamin D3

- For strong bones and teeth
 - Relieve infantile colic
 - Maintain digestive health and function
 - For infection protection for infants that started daycare and keeps the body's natural defense
-
- Study show short infants have low level of Vitamin D
 - Breastmilk found mostly deficient in Vitamin D in most lactating moms
 - BioGaia Probiotic Drops with Vitamin D helps to improve Vitamin D level in their body

Suitable for 0-3 years old
Recommended dose: 5 drops a day



MAL22076069NC



BioGaia Protectis Powder

- Do not require refrigeration
- Use on the go - convenient for travel or outdoor
- Can mix in milk, water or food
- Treatment for acute diarrhea (2 sachets a day)
- Other indications include colic, regurgitation, constipation and other gastro intestinal disorder

Liquid drops now also
available in powder formula



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Suitable for 0-3 years old. 4 years old and above up to 18 years old
Recommended dose: 1 sachet a day

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 4
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.



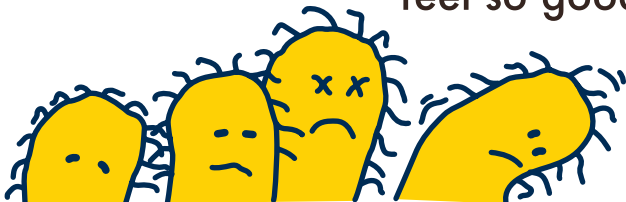
What causes colic?

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.

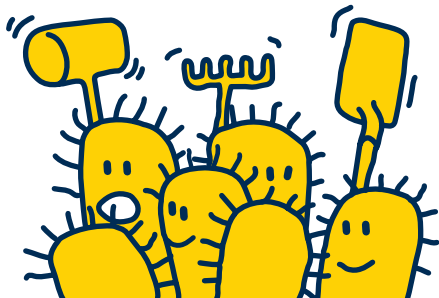


Dr. Flavia Indrio
Department of Paediatrics
University of Bari, Italy

“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

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.

BioGaia[®] puts smiles inside

BioGaia is a powerful strain of *L. reuteri* DSM17938 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.



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)

Why pregnant moms should not miss out on probiotics?

- Helps to prevent colic
- Reduces allergies by reducing inflammatory proteins to fetus - Abrahamsson TR, et al. (2007)
- Enhances breastmilk composition
- Lowers risk of premature birth and preeclampsia



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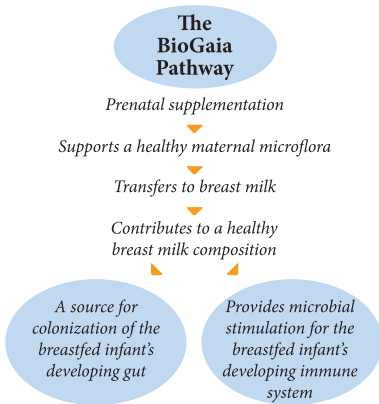


Safe for pregnant
and lactating moms

During pregnancy
take 1 or 2 tablets a day

Healthy Mom, Healthier Baby

Newborn babies acquire their microflora primarily from their mother



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

BioGaia®

Supporting your invisible heroes

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BioGaia Malaysia

BioGaia®
Supporting your invisible heroes

如何让
您的宝宝
重拾欢喜

治疗婴儿肠绞痛
的第一良方



仅适用于医疗专业人员

A close-up photograph of a woman with blonde hair holding a baby. The baby is wearing a light blue hooded outfit and has its hand near its mouth. The woman is smiling and looking at the baby. The background is bright and out of focus.

BioGaia
Supporting your invisible heroes

BioGaia 益生菌围绕你的童年时光

唯一在婴儿绞痛方面有科学证据的益生菌。
由全球 100 个国家的儿童专家规定！

BioGaia 益生菌滴剂

- 婴儿绞痛
- 反胃吐奶
- 便秘
- 功能性腹痛 (FAP)
- 急性肠胃炎
- 感染防护
- 抗生素相关的副作用
- 帮助婴儿配方奶粉的耐受性

新的包装
一样的配方

适合 0-3 岁

推荐剂量：每天 5 滴



MAL06091463XC

BioGaia 益生菌滴剂+维生素 D₃

- 强健骨骼和牙齿
- 缓解婴儿绞痛
- 维持消化健康和功能
- 为刚上托儿所的婴儿提供感染防护并保持身体的天然防御

- 研究表明矮小婴儿的维生素 D 水平较低
- 发现大多数哺乳妈妈的母乳主要缺乏维生素 D
- 含有维生素 D 的 BioGaia 益生菌滴剂有助于提高体内维生素 D 水平

适合 0-3 岁

推荐剂量：每天 5 滴



MAL22076069NC

BioGaia 益生菌粉剂

- 无需冷藏
- 随时随地使用 - 方便旅行或户外
- 可以混合在牛奶、水或食物中
- 治疗急性腹泻 (每天 2 包)
- 其它适应症包括绞痛、反胃吐奶、便秘和其它胃肠道疾病

滴剂如今也有粉末配方



MAL22076054NC

适合 0-3 岁。4 岁及以上至 18 岁
推荐剂量：每天 1 包

什么是肠绞痛?

许多父母知道，肠绞痛不仅仅是哭闹。肠绞痛在临床术语是指健康的婴儿在出生后的前三个月会有哭闹和烦躁不安的状况。肠绞痛通常在傍晚或夜间发生，但也可能在其它时间间歇性发作。

你知道吗:

四名婴儿中就有一名
婴儿被诊断患有婴儿
肠绞痛

做3个测试：

一个标准的绞痛定义是：

1. 一名婴儿每天严重哭泣超过3小时，
2. 每周超过3天，
3. 至少持续一个星期。

如果您的孩子确实如此，他或她可能正遭受绞痛的痛苦，您应该向专业医务人员寻求建议。

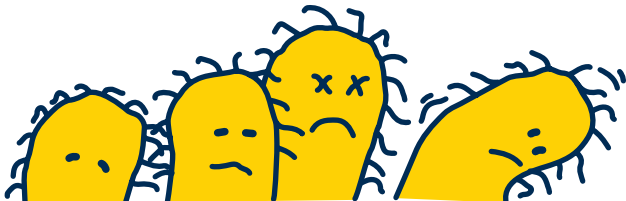


什么原因导致肠绞痛?

简单来说，没有人确实地知道。

可能有几个原因 - 心理，环境，身体构造，或其它因素，例如：食物过敏或肠道蠕动，都可能是导致绞痛的原因。

我感觉不太好



近年来，肠道微生物*的作用已成为焦点。这些微生物帮助我们分解和消化食物，并保持免疫系统的平衡。

与健康婴儿相比，患有绞痛婴儿体内的某种健康细菌（乳酸杆菌）的数量较少。

*是的，这是一个陌生的词语。它意味着的是，活在我们肠道里的微生物群体 - 数以万亿计的微生物。肠道菌群是它的另一个名字。

健康婴儿和肠绞痛婴儿中 微生物群组成的差异

健康



中度绞痛



严重的绞痛



相比健康幼儿，患有肠绞痛的婴儿肠道里，乳酸菌种的计数量是比较低的。

反之，大肠菌群的计数量是比较高，特别是大肠杆菌。

坏消息

尽管经过数十年的研究，
婴儿绞痛的原因仍然不
确定。

好消息

近来，肠道微生物群的作
用似乎有答案。

你听到的是我们
正在努力为您工作



肠道蠕动=良好的感觉

肠道蠕动是一个术语。描述食物如何从胃，小肠，到大肠进行分解和输送。简单说明小孩的消化系统是如何运作的。

如果孩子的肠道蠕动没有完全发育或因某种原因而被干扰，这可能会导致疼痛或过多的气体，引起不适：

- 肠绞痛
- 便秘
- 反胃吐奶

嘿，痒痒的!



作为父母您可以做什么？

首先，请别惊慌，宝宝会有腹绞痛，并不是父母所导致的。一般上腹绞痛会在 3-4 个月或更短的时间好转。

那您能做什么帮助宝宝呢？如之前所言，许多研究发现好的肠道微生物能有效改善腹绞痛，便秘以及反胃吐奶的状况。



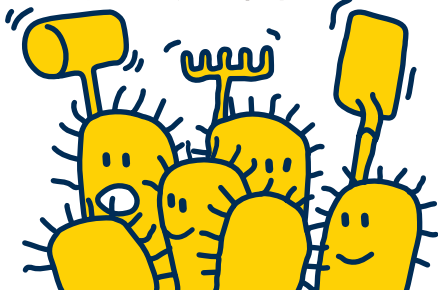
Dr. Flavia Indrio
国际婴幼儿肠胃科权威教授
意大利著名大学-巴里大学

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。

让我们一起来征服它吧！



BioGaia[®] 的好处

BioGaia 是一种有效的罗伊氏乳杆菌菌株 *L. reuteri* DSM17938 已被证明可以维持婴儿的肠道蠕动正常，发挥功能，保持健康。它提供良好的条件，使肚子和肠道感觉舒服，从而开启新的动态生活。



BioGaia 不影响哺乳或食物的味道。婴幼儿安全食用。

治疗绞痛是很重要的。 未经治疗的绞痛可导致：

- FGIDS（功能性胃肠道疾病），特别是在婴儿出生后的前 12 个月
- 神经紊乱（如偏头痛），心理障碍，发育迟缓
- 肠道激素分泌不足
- 肠道微生物失衡
- 胃肠道胀气
- CMP 过敏（如牛奶过敏）
- GERD（胃食管逆流）

Dr Iva Hojsak MD, PhD
Referral Center for Pediatric Gastroenterology and
Nutrition, Children's Hospital Zagreb, Zagreb, Croatia

为什么孕妈妈不能错过 益生菌？

- 帮助预防绞痛
- 通过减少对胎儿的炎症蛋白来减少过敏
- Abrahamsson TR, et al. (2007)
- 增强母乳成分
- 降低早产和先兆子痫的风险



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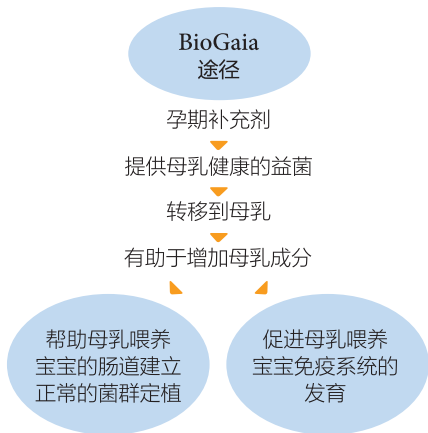


对孕妇和
哺乳期妈妈安全

怀孕期间
每天服用 1 或 2 片

妈妈健康，宝宝更健康

新生儿主要从母亲那里 获得微生物群落



产前补充 BioGaia *L. reuteri* DSM 17938 有助于母体健康的微生物群落

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Supporting your invisible heroes

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