

## IMMUNE SUPPORT FOR YOUR CHILDREN

While we are beginning to understand the influence of probiotic microbes, our level of current knowledge is most likely only the tip of the iceberg. We know that probiotic bacteria and yeasts provide support to our digestive tract and help us break down and absorb nutrients. WE also know that they can help to protect our digestive tract from more pathogenic organisms by consuming space and resources. We are beginning to understand the complex ways that probiotics communicate and interact with our immune cells, increasing and balancing their function.

A new study published in the journal “Pediatrics International” demonstrated that school-age Thai children (ages 8–13) taking a probiotic containing *L. acidophilus* and *B. bifidum* over the three-month study period had significantly lower risk of fever, cough, rhinorrhea, school absence, and common cold than children in the placebo group. This study’s results are consistent with the results reported in August in “Pediatrics” demonstrating that children aged 3–5 taking a probiotic containing *L. acidophilus* NCFM strain in combination with *Bifidobacterium lactis* for six months effectively reduced fever, rhinorrhea, and cough incidence and duration, as well as decreasing the need for antibiotic prescription and the number of school days missed due to illness. With rampant concerns of overuse of antibiotic therapies combined with the annual “superbug” that seems to take the press by storm each winter, it seems like use of probiotic in children (and adults) may be a logical choice to provide the additional support our immune system needs to stay healthy.

When thinking about immune health for your children, Hazle Drugs brand of “Children’s Acidophilus” is a combination of several probiotics in a grape-flavored chewable. Each chewable provides one billion viable cells of beneficial bacteria to build up your child’s immunity. The probiotics in this blend are both acid-resistant and do not require refrigeration. For more information on keeping your children healthy, please contact Certified Clinical Nutritionist, Bill Spear, R.Ph, CCN at Hazle Drugs, 1 E. Broad St., Hazleton, Pa. 18201, 570-454-2476. [www.hazledrugs.com](http://www.hazledrugs.com)

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