

Probiotics may help Infantile Colic.

A new study has demonstrated that giving probiotics to breastfed, colicky infants overwhelmingly improves symptoms within one week of treatment. The study, conducted by Pediatrics Professor Francesco Savino, MD, PhD at the University of Turin, Italy, was published in the journal Pediatrics.

This prospective study randomized 90 infants of similar gestational age, birth weight, gender, and baseline crying time to a treatment group or a control group. The treatment group received an oral probiotic strain and the control group received simethicone, a common anti-bloating agent. Within 7 days of treatment, 95% of infants treated with the probiotics had significantly improved symptoms compared to only 7% of infants in the simethicone group.

Most importantly, there were no observed side effects with the probiotic administration, and the mother's compliance to give the probiotics was good.

"Our data demonstrated that [probiotics] improved colicky symptoms within one week of treatment, and the safety profile of this probiotic makes it a valid alternative to all other therapeutic options in the treatment of infantile colic," Dr. Savino said.

Dr. Savino also said that while the infants in this study were all exclusively breastfed, the high degree of maintained colic in the control infants indicates that supplementation with a probiotic strain leads to an effect above and beyond that of cow's milk removal. So the use of probiotics can be recommended to all infants, regardless of whether they are breastfed or on a cow's milk diet.

"Infantile colic is one of the most common problems in infancy, with a frequency of 10-30%," Dr. Savino said. "While infantile colic is a common disorder, the etiology is not completely understood."

Available evidence suggests that there are multiple, independent causes of infantile colic, but it was recently reported that intestinal microbiota play an important role in the pathogenesis of the condition. Inadequate lactobacillus levels during the first few months of life may affect immune responses as well as the development of certain disorders, such as colic.

More research is needed to determine what specific probiotic strains are ideal for the treatment of infantile colic. But the current research suggests that a safe alternative, such as Kefir probiotics or Lifeway Probugs, may help to quiet the tears of your loved one.



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