

Léo Désilets' NEW Baby COLIC Probiotic is a synergistic blend of two probiotic strains that have been shown to provide safe and effective colic relief in newborns, babies, and children.

CONTEXT

Colic is common in infants and babies and can occur from the very first weeks of life. Parents describe colic as frequent, prolonged, and intense crying or fussiness in a healthy infant, lasting at least 3 hours a day, three days a week, for more than a week¹. Colic is exhausting for babies and can be particularly frustrating for parents because the baby's distress occurs for no apparent reason. No amount of consoling seems to bring any relief. Unfortunately, up to 20% of infants are affected by colic, and according to research, although it can occur in all babies, exclusively breastfed children are less frequently affected².

Given this reality, it isn't surprising that many parents actively look for safe and effective solutions to soothe their baby's colic. An innovative combination of two unique probiotic strains has been shown to be uniquely suited to relieving symptoms of functional gastrointestinal disorders such as colic and constipation in newborns, infants, and babies.

PROBIOTICS & INTESTINAL HEALTH

Probiotics are beneficial bacteria that live in our digestive tract and make up our gut flora. We need to have an adequate quantity of these beneficial bacteria to counteract the effects of pathogenic bacteria, which can cause disease when they outnumber good bacteria. In the last few years, there has been an increase in infant formulas, baby supplements, and baby food that feature probiotics. Depending on the strain, clinical evidence tells us that probiotics can help^{3,4} :

- Promote better bacterial diversity
- Reduce symptoms of Irritable Bowel Syndrome (IBS)
- Prevent diarrhea
- Control or reduce symptoms of eczema, asthma, and food allergies
- Prevent urinary tract infections
- Improve oral health
- Relieve gastrointestinal symptoms in babies and adults



INNOVATIVE PROBIOTIC STRAINS

Baby Colic is a dietary probiotic supplement that features a blend of innovative patented lactic acid bacteria *Pediococcus pentosaceus* (CECT8330 (KABP-041)) and *Bifidobacterium longum* (CECT7894 (KABP042)). These two bacterial strains have been studied extensively and have been shown to help maintain an optimal balance of microorganisms in the gut. They have also been shown to relieve symptoms of functional gastrointestinal (GI) disorders such as colic and constipation, reduce the severity of GI symptoms in babies, and calm parental anxiety associated with their baby's colic⁵.

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The information contained in this document is for educational purposes only and not to be construed as medical advice. It is not meant to diagnose, or in any way replace qualified medical supervision. This product may not be suitable for you. Always read the label prior to use and follow the directions. The medicinal benefits described are in reference to the plant in question and are sourced from existing scientific literature available on a variety of scientific platforms. Unless otherwise noted, the studies discussed were not performed on our particular formula, and are cited with references, merely for informational purposes.



GENERAL HEALTH BENEFITS OF PROBIOTICS^{3, 4}

- Help balance good bacteria in the digestive tract
- Optimize gut health
- Boost immune function
- Help prevent and treat diarrhea
- Relieve constipation
- Calm and relieve colic in babies
- Promote healthy digestion
- Support skin health (eczema, acne, etc.)

RESEARCH

According to two multicenter placebo-controlled studies on babies, the probiotic strains *Pediococcus pentosaceus* (CECT8330 (KABP-041)) and *Bifidobacterium longum* (CECT7894 (KABP042)) are ideally suited to relieving symptoms of functional gastrointestinal disorders, such as intestinal pain, constipation, and infant colic^{5, 6}.

These two studies looked at both breastfed and formula-fed babies. They observed a significant reduction in colic symptoms after administering *Pediococcus pentosaceus* and *Bifidobacterium longum*, versus the placebo group. Both studies also reported a significant improvement in gastrointestinal symptom scores following assessment by the treating physician. Moreover, these two probiotic strains can significantly reduce the frequency and severity of colic and other GI symptoms in babies. Interestingly, supplementation with *Pediococcus pentosaceus* and *Bifidobacterium longum* also resulted in a considerable decrease in anxiety in parents – which is a significant bonus when one considers the tremendous stress colic imposes on parents struggling with their baby's distress.

Léo Désilets' NEW Baby COLIC Probiotic Drops provide safe and effective relief of colic, constipation and other gastrointestinal symptoms in babies and relieves anxiety and stress in parents.

BABY COLIC - HEALTH CANADA APPROVED CLAIMS

- Helps to reduce the duration and frequency of colic in colicky babies in as little as seven days
- Helps to relieve colic symptoms such as crying, restlessness or irritability in breastfed or formula-fed babies and infants
- Helps to support gut/gastrointestinal health
- Source of probiotics
- Can be used in infants from birth up to 3 years of age and beyond

Baby COLIC Probiotic Drops from Léo Désilets provide 0.5 billion CFUs (Colony Forming Units) of *Bifidobacterium longum* subsp. *longum*, and 0.5 billion CFUs of *Pediococcus pentosaceus* per 5 drop (0.2 ml) dose. Baby COLIC is a Natural Health Product approved by Health Canada to help reduce the frequency and duration of colic in babies in as little as 7 days.

Like all Léo Désilets products, the formula is Non-GMO, has no added flavours or colours, and is free of the most common allergens, including peanuts, tree nuts, wheat, eggs, dairy, fish or shellfish, and soy.

1. <https://www.hopkinsmedicine.org/health/conditions-and-diseases/colic>

2. Banks JB, Rouster AS, Chee J. Colic. [Updated 2022 Aug 1]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2022 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK518962/>

3. <https://www.mdpi.com/2072-6643/11/7/1613#cite>

4. http://www.tlrs.usm.my/tlrs27022016/27022016_06.pdf

5. Chen K, Liu C, Li H, Lei Y, Zeng C, Xu S, Li J, Savino F. Infantile Colic Treated With *Bifidobacterium longum* CECT7894 and *Pediococcus pentosaceus* CECT8330: A Randomized, Double-Blind, Placebo-Controlled Trial. *Front Pediatr*. 2021 Sep 10;9:635176. doi: 10.3389/fped.2021.635176. PMID: 34568236; PMCID: PMC8461252.

6. Astó Erola, Huedo Pol, Altadill Tatiana, Aguiló García Meribell, Sticco Maura, Perez Marta, Espadaler-Mazo Jordi. Probiotic Properties of *Bifidobacterium longum* KABP042 and *Pediococcus pentosaceus* KABP041 Show Potential to Counteract Functional Gastrointestinal Disorders in an Observational Pilot Trial in Infants. *Frontiers in Microbiology*, VOLUME 12, 2022. <https://www.frontiersin.org/articles/10.3389/fmicb.2021.741391>. DOI=10.3389/fmicb.2021.741391.