Calming colic in your breastfed baby

Excessive crying, often referred to as colic, is a common problem in the first months of life — affecting as many as 20% of newborns. Experts have yet to figure out the cause in most cases, but differences in the types and amounts of bacteria in your baby’s gut might make a difference as to whether or not she develops colic.

Breastmilk provides a number of benefits to your baby, including serving as a source of good bacteria that helps your baby’s digestive system develop. Research has shown that babies with colic tend to have less of a particular type of lactobacilli bacteria in their gut.

Why use probiotics?

- Probiotics are good bacteria that have been shown to provide a benefit when consumed in particular amounts.
- Lactobacillus reuteri (L. reuteri) is a probiotic bacteria similar to those naturally found in breastmilk and that has been studied in many infants and children.
- L. reuteri has been clinically shown to positively influence gut microbiota.
- L. reuteri supplementation has been clinically shown to reduce crying time by 50% in colicky breastfed infants after just one week of use.
Colic may not mean the end of breastfeeding. L. *reuteri* can easily be given as a supplement to your breastfed baby and is available as infant drops found in the dietary supplement section or baby section.