

# Prebiotics Benefit the Gut Microbiome of Both Children and Adults

*Prebiotin Prebiotic Fiber can benefit the immune system, digestion, weight management, calcium absorption, and more throughout every stage of life*



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HARRISBURG, Pa., Dec. 20, 2018 /PRNewswire/ -- If you have a new baby, your joy may quickly turn to worry if your infant suffers from gassy cries, painful constipation, and an uncomfortable distended belly. And during the holidays, older children may have tummy troubles from additional sweets, travel, or changes in their normal diet routine. At each stage of a child's life, parents can be comforted knowing that by supplementing with [Prebiotin Prebiotic Fiber](#), you have started them on a healthy path to a balanced gut microbiome which offers countless benefits.

Prebiotics are not just for adults. Greg Cooper, Director of Business Development and research liaison for Prebiotin, the premiere prebiotic fiber, explains, "It's been said that it is easier to build strong children than to repair broken adults."

## **Safe, Beneficial and Backed by Research**

Prebiotin provides many health benefits not only to adults, but also to infants and children. Multiple studies using oligofructose-enriched inulin (OEI), the main ingredient of Prebiotin, which is derived from chicory root, have been shown to help improve the immune system and bowel regularity, and decrease constipation in both adults and children. Additionally, it is shown to increase calcium absorption for stronger bones, help control appetite, which can lessen obesity, as well as lead to improvements in heart and brain health.

The FDA and international regulatory agencies around the world have designated OEI, oligofructose-enriched inulin, as Generally Recognized as Safe (GRAS), which allows it to be used in food and beverages, including infant formula.

Research confirms that Prebiotin is both **safe and beneficial** for infants and children. With a special hot-water extraction process, using no chemicals or additives, Prebiotin

contains only a natural full-spectrum prebiotic. This kind of prebiotic fiber occurs naturally in many fruits and vegetables, consumed by humans for thousands of years, including chicory root, which is a main source at 65%.

In an August 2018 article in the *Journal of Nutrition*, researchers found that children ages 3-6 who received a chicory root prebiotic fiber supplement had a rise in beneficial bifidobacterium along with regular bowel movements. They also had fewer episodes of sinusitis and fevers than the control group.

## **How to Use Prebiotics for Infants and Children**

For daily maintenance, Prebiotin can be introduced in small amounts to infant formula or baby food. Amounts used in general are 1/8 to 1/4 of a gram (1 gram = 1/4 teaspoon). These amounts are generally increased slowly as the child gets older. Daily amounts should not exceed 1 gram (1/4 teaspoon) unless recommended by a physician.

Prebiotin recommends 4 to 8 grams for adults. Many successful studies have used 12 grams or more, even with children. All age groups, particularly those consuming diets heavy in packaged and "fast" or prepared foods lack enough fiber.

"We always recommend that you consult with your pediatrician or health care provider concerning the addition of any dietary adjustments like adding supplements," says Dr. Wilson Jackson, board certified internal medicine and gastroenterology/hepatology physician and Medical Director of Prebiotin Prebiotics.

Gut bacteria plays a fundamental role in regulating the immune system. With the right balance of bacteria, both children and adults can gain increased protection from pathogens and illness.

For more detailed information on prebiotics and children, please see Prebiotin's latest post <https://www.prebiotin.com/how-prebiotin-prebiotic-fiber-benefits-your-child-at-every-stage-of-life/>.

**During the month of December, Prebiotin is offering a FREE sample. This offer does not require any purchase and free shipping is provided within the U.S. To access this offer, please visit [www.prebiotin.com](http://www.prebiotin.com) or call 855-466-3488.**

Jackson GI Medical/Prebiotin was founded by visionary gastroenterologist Dr. Frank Jackson in 2008 and is dedicated to the responsible development and marketing of medically-credible nutritional supplements backed by third-party research. Located in Harrisburg, PA, the company can be reached at 855-466-3488 or online at <http://www.prebiotin.com>.

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