



Probiotic Foods for Kids

Daily vitamins and minerals from food in an easily absorbable probiotic blend. Because *kids* need Probiotics *too!*

Probiotic Foods For Kids provides your child with a balance of vitamins, minerals and amino acids in an absorbable wholefood form, essential for growing bodies!

Why probiotics?

Often referred to as 'good bacteria' probiotics are live bacteria essential for a healthy, functioning digestive system. Little bodies especially need vitamins, minerals and amino acids to nourish, repair, grow and boost their immune system and provide them with the daily energy kids require! Pre-schoolers need that additional support as they mix with other children.

A healthy digestive system should have over 1.5kg of good bacteria. However this can become compromised from poor diet and processed foods, antibiotics and other lifestyle factors. Once our gut becomes compromised we lose the ability to extract the precious nutrients from the food we eat.

Not only do probiotics assist our immune system, but they break down our food to release the vitamins and minerals. *Probiotic Foods for Kids* not only offers the probiotics to support their immune system, but the nutrition and energy from the fermented foods.

Certified Organic
Probiotic Foods for Kids

Our Probiotic Foods for Kids contains 18 specially selected wholefoods that are fed to our super-culture of probiotics, that break down the food for up to three weeks. The end result is a highly nutritious food product that is easily absorbed by growing bodies.

You can give your child *Probiotic*Foods for Kids daily, knowing with confidence they are made without artificial flavours or colours, dairy, preservatives, sweeteners, or GMOs. Certified Organic and made with gluten free foods.













ORGANIC INGREDIENTS:

Spirulina, Lentils, Chick Peas, BD Rice, Mung Beans, Linseed, Adzuki Beans, Amaranth, Dunaliella Salina, Sweet Potato, Pepitas, Sunflower Seeds, Chia Seeds, Quinoa, Ginger, Beetroot, Cabbage, Molasses, Lactobacilli.

THE ABOVE FOODS HAVE BEEN THROUGH A NATURAL ORGANIC FERMENTATION PROCESS USING ORGANIC BACTERIA. With 80% of our immune system inside the gut, there is no better reason to get your little monkey started on these functional foods.

FAOs

How do I get my child to take it if they don't like the taste?

It can go into a smoothie, sprinkled on food, or even be put in a cake or energy ball. For recipe ideas: www.probioticfoods.com.au/recipes

What if my child gets belly pains or rashes?

If they had those before using the powdered food, tart with small amounts and then increase. If they have a reaction to the pre-digested food then reduce the amount until their body becomes accustomed to the nutritional value of the foods.

What quantity should I give?

Start with just a sprinkle and increase gradually up to 1 teaspoon per day.

Do I change their diet?

Once your child's body becomes used to getting nutrition on a regular basis the child will start to choose healthier food options. A toxic body is attracted to toxic foods. When a healthy body gets good quality

absorbable foods it will crave healthier options and less junky or sugary treats.

Do I stop medications?

If medications are necessary then this is not the thing to do. But *Probiotic Foods for Kids* can be taken with medication. Probiotic Foods are just wholefoods afer all, so if you can eat what is on the label then it should be safe to consume.

Can I take this product too?

Yes, this is the same quality ingredients as our *Everyone Blend*—suitable for all ages

From what age can it be taken?

From newborns up.

Does my child need Probiotic Foods?Research has shown that

probiotics assist with immune support, weight loss, digestive function, IBS, constipation, reducing sugar cravings, skin conditions, allergies, and even behaviour.

YOUR STOCKIST:





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