

Baby's Immune Development

The Right Microbes at the Right Time

Those first few years of your baby's life are filled with precious moments, from their first smile to those first wobbly steps. Though you can't see it, something important is happening inside your baby as well. Their gut microbiome—the microbes and bacteria that live mainly in their tummy—is developing.

Helping your baby develop a healthy microbiome can help support their lifelong immune, digestive and overall health. Check out our easy breakdown of six factors that help ensure the right microbes are introduced into your baby's tummy at the right time.



Mode of Delivery

Vaginal births introduce beneficial microbes during the birthing process²



Cautious Use of Medications

Antibiotics may kill beneficial bacteria too¹



Breastfeeding

Breastmilk contains microbes especially important for the infant microbiome, as well as special sugars that help these good bacteria grow³



A Healthy Pregnancy

Promotes beneficial maternal gut microbes during gestation⁴



Environment

Things like pets and siblings help introduce babies to microbes that help train the immune system^{4,5}



Probiotics

Certain probiotic supplements also help supply good bacteria that work naturally with baby's body to deliver health benefits⁶



Promotes

the growth of other good bacteria¹

Helps

promote the development of a healthy immune system⁷

90+

clinical trials in and including infants

Colonizes

within the intestines for optimal digestive support⁸

***Lactobacillus rhamnosus* GG** helps balance baby's microbiome and is the most clinically studied probiotic in infants^{1*}



Support your baby's development by fortifying their microbiome with Culturelle® Baby

¹ Nuriel-Ohayon M, Neuman H, Koren O. Microbial changes during pregnancy, birth and infancy. *Front Microbiol.* 2016;7:1031

² Montoya-Williams D, Lemas DJ, Spiryda L, et al. The Neonatal Microbiome and Its Partial Role in Mediating the Association between Birth by Cesarean Section and Adverse Pediatric Outcomes. *Neonatology.* 2018;114(2):103-111.

³ Castanys-Munos E, Martin MJ, Vazquez D. Building a beneficial microbiome from birth. *Adv Nutr.* 2016;7(2):232-330

⁴ Strachan DP. Hay fever, hygiene, and household size. *BMJ.* 1989;299(6710):1259-1260.

⁵ Bufford JD, Gem JE. Early exposure to pets: Good or bad? *Current allergy and asthma reports.* 2007;7(5):375-382.

⁶ Grech A, Collins CE, Holmes A, et al. Maternal exposures and the infant gut microbiome: a systematic review with meta-analysis. *Gut Microbes.* Jan-Dec 2021;13(1):1-30.

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