

Frequently Asked Questions

Minifa Drop

Formulated for Colic, Immune System & Digestive Health

1. What is a probiotic ?

According to the World Health Organization (WHO) statement, probiotics are defined as live microorganisms that, when administered in adequate amounts, provide a beneficial health effect on the host (1). Probiotics are used as supplements due to their positive effects on health.

2. What are the health effects of probiotics ?

Probiotics are used to improve health, protect and treat microorganisms that will cause disease. In studies, it has been determined that they provide protection against infection by supporting immunity, reduce the symptoms of irritable bowel syndrome (IBS), prevent the proliferation of Helicobacter pylori, which is a harmful pathogen for the stomach, and reduce the possibility of allergic reactions (2).

3. Is it safe to use probiotics?

The most commonly used microorganisms as probiotics are Lactobacillus, Bifidobacterium and Saccharomyces species. These bacteria are evaluated in the GRAS (Generally Recognized As Safe) category. For this reason, their consumption is considered safe for human health (3). On the other hand, it is stated that they can cause side effects such as gas and bloating. To reduce this risk, probiotics should be selected according to health status and used in accordance with the instructions for use (4).



4. Is it safe to administer probiotics to newborns?

Many studies indicate that there is no negative association between probiotic administration and bloating, diarrhea, vomiting, or feeding tolerance in neonates (5). Bacteria used in the content of our product are accepted microorganisms that are safe, do not have negative side effects, and are also found in breast milk.

5. Are there clinical studies that probiotic supplementation can protect newborns from disease?

Necrotizing Enterocolitis (NEC) is an inflammation of the gastrointestinal tract in newborns. More than 50,000 newborns from 29 different countries were included in a study investigating the effects of probiotic administration against necrotizing enterocolitis, which is very common in newborns and is known to cause death. The results indicate that the use of probiotic supplements in newborns reduces the risk of necrotizing enterocolitis and death (5). Different scientific studies have determined that the consumption of probiotics increases the presence of probiotic species in the newborn intestinal microbiota (6, 7).

6. What are the benefits of the product?

PoziBiome™ Mininfa supports the immune system and increases immunity in newborns with *Bifidobacterium lactis* in its content (8). Thus, it provides protection against infectious diseases such as constipation, bloating, reflux, lactose intolerance, respiratory infections, allergies and colds.

7. What are the terms of use of the product?

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8. Under what conditions should the product be stored?

PoziBiome™ Mininfa can be stored for 2 weeks below 25°C, but the best storage condition is to keep this product at 2-8°C (in the refrigerator), which extends the shelf life of probiotic bacteria. Protect from moisture and sunlight and keep out of reach of children.

References

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