### Mayo Clinic Minute

**Should you give your child probiotics?**

<table>
<thead>
<tr>
<th>Video</th>
<th>Audio</th>
</tr>
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Our bodies are home to more than 100 trillion bacteria. Some of those are friendly bacteria known as probiotics.

Robert Jacobson, M.D.
Pediatrics
Mayo Clinic

“They’re the bacteria that live within us and help us fight off infections.”

The popularity of yogurt as a kids snack has skyrocketed. Dr. Robert Jacobson, a pediatrician at Mayo Clinic says yogurt is a great dairy source but no one should be eating it because it might contain a probiotic.

“Instead, eat a wide variety of healthy foods. Make sure that you’re aiming for five to nine fruits and vegetables a day.”

Dr. Jacobson says the concern is about testing for safety and effectiveness. The Food and Drug Administration doesn’t regulate food products or supplements sold as probiotics.

“In this country, there are about 50,000 injuries reported by supplements, vitamins and minerals, – all going unregulated, causing harm.”

So keep the yogurt for the taste and the dairy serving, but remember....

“There is no good proof that buying something labeled ‘probiotic’ will actually deliver probiotics or do any good.”

For the Mayo Clinic News Network, I’m Ian Roth.