

Mayo Clinic Minute

Should you give your child probiotics?

| Video | Audio |
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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. |