

# BioGaia Pharax KIDS

## Faster recovery from sore throat

Probiotics  
for the  
throat

**BioGaia®**  
Supporting your invisible heroes



# Supporting the first line of defence

BioGaia Pharax KIDS is a probiotic supplement for the throat that is clinically proven to have a positive effect on the upper respiratory tract.<sup>1</sup> Strengthening the microbiota<sup>2,3</sup> and immune system<sup>4</sup>,

by adding natural beneficial bacteria and vitamin D, BioGaia Pharax KIDS has proven to reduce the duration and severity of upper respiratory tract infections in children.<sup>1</sup>



Probiotics are defined as live microorganisms that, when administered in adequate amounts, confer a health benefit on the host.<sup>5</sup>



## Sore throat – the most common villain

Common cold is a viral infection of the upper respiratory tract and by far the most usual illness among children up to 5 years of age – and a major cause for visits to pediatricians.<sup>6</sup> A preschool child has an average of 6 to 8 colds per year, and the spread of infections are greatest in families with children attending day care.<sup>7</sup>

Symptoms:

- Sore or scratchy throat
- Rhinorrhoea, sneezing and fever
- Nasal congestion and obstruction
- Postnasal drip and cough
- Pharyngitis
- Tonsillitis





## Good to know

- Antibiotic resistance is one of the biggest threats to global health, food security, and development today.
- Antibiotic resistance can affect anyone, of any age, in any country.<sup>8</sup>

# 70% of colds are caused by viruses

For which antibiotics are an ineffective treatment

## The current way to alleviate sore throat

Since upper respiratory tract infections (URTI) are mostly caused by viruses, antibiotics are rarely needed and generally should be avoided unless a bacterial infection is suspected.

Prescribing antibiotics for sore throats may soothe anxious parents but it also contributes to the overuse and misuse of antibiotics that leads to the spreading of antibiotic resistance in the population at large.

To alleviate sore throat nonsteroidal anti-inflammatory drugs (NSAID) are used to reduce pain and fever. Cough suppressants and nasal decongestants can be used to improve breathing.

However, there is an alternative way to alleviate and shorten the duration of an infection.

# BioGaia Pharax KIDS – the natural solution

## Probiotics with 400 million live *L.reuteri*

- Helps the body recover faster.
- Supports the microbiota.
- Based on well documented probiotic strains\*
  - *L. reuteri* DSM 17938
  - *L. reuteri* ATCC PTA 5289

## Enriched with Vitamin D:

- Important for the process of cell division.<sup>4</sup>
- Contribute to the normal function of the immune system.<sup>4</sup>
- Contribute to the healthy inflammatory response.<sup>4</sup>

## Mode of action

Two complementary strains *L. reuteri*  
DSM 17938 and ATCC PTA 5289

- Antiviral activity
  - Increased B cells<sup>9,10</sup> and IgA<sup>11,12</sup> levels
- Production of antimicrobial substances<sup>2</sup>
- Reduced symptoms of viral infection<sup>1,13,14</sup>

\*According to the number of publications on <https://pubmed.ncbi.nlm.nih.gov/> June 2022



Antiviral  
activity<sup>9,10,11,12</sup>

Reduced symp-  
toms of viral  
infections<sup>1</sup>

Promotes a balanced  
microbiota<sup>2,3</sup>

# The science behind BioGaia Pharax KIDS<sup>1</sup>

BioGaia Pharax KIDS was tested in a randomised, double-blind, placebo controlled trial with 70 children 6 months to 5 years with pharyngitis and/or tonsillitis.<sup>1</sup>

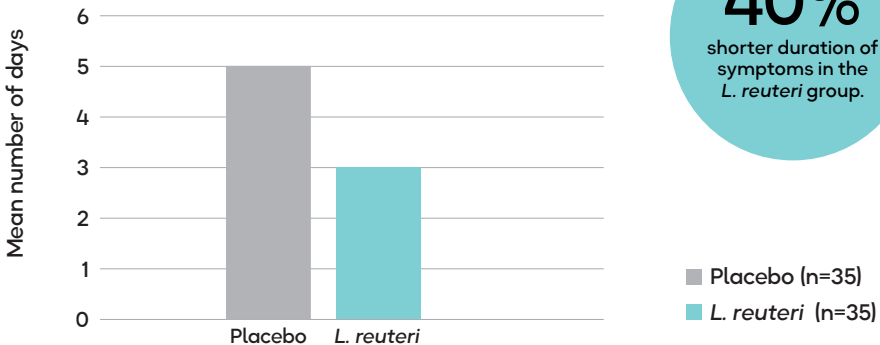
The children were supplemented for 10 days with BioGaia Pharax drops ( $4 \times 10^8$  CFU\*/day) or placebo, 5 drops in the morning and 5 in the evening.

\*CFU = colony forming units

## Study results:

- Faster recovery
- Fewer days with fever
- Less sore throat

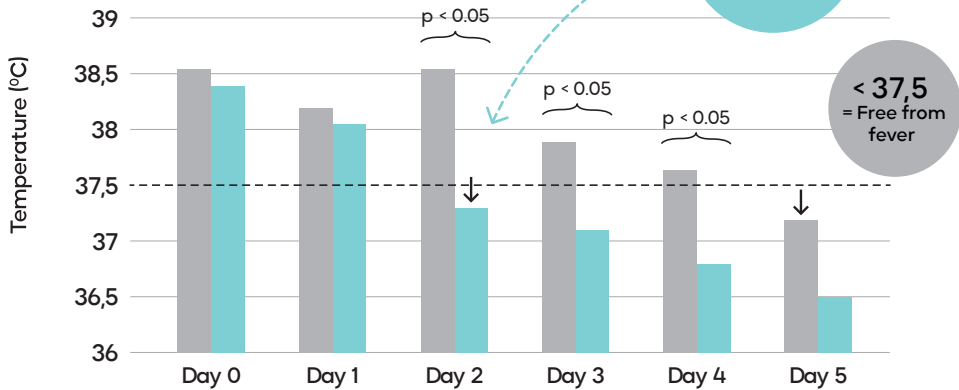
## Duration of upper respiratory symptoms



Children in the *L. reuteri* group experienced on average 3 days with symptoms compared to an average of 5 days in the placebo group.



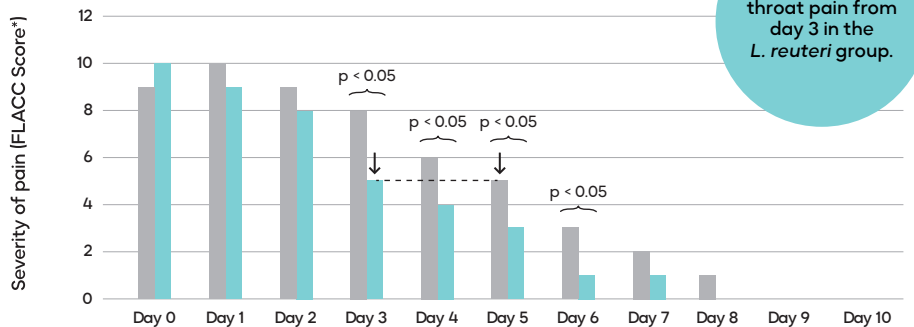
## Fever



Children in the *L. reuteri* group were free from fever on day 2, compared to day 5 in the placebo group.

■ Placebo (n=35)  
■ *L. reuteri* (n=35)

## Severity of throat pain



Children in the *L. reuteri* group had significantly less pain from day 3 to day 6, compared to children in the placebo group.


■ Placebo (n=35)  
■ *L. reuteri* (n=35)

\* The FLACC scale or Face, Legs, Activity, Cry, Consolability scale is a measurement used to assess pain for children between the ages of 2 months and 7 years or individuals that are unable to communicate their pain.

# BioGaia Pharax KIDS

## – faster recovery from sore throat

- Faster recovery from tonsillitis and pharyngitis.
- Fewer days with fever.
- Less sore throat.
- Reduces the risk of antibiotic over-use.
- From BioGaia – the leader in probiotic science.



### A well-studied probiotic combination

Tested in more than **50**  
clinical trials with more than  
**2000** individuals.

# Product facts

## BioGaia Pharax KIDS

Product	Oil drops with neutral taste
Daily dose	10 drops per day with a minimum of 400 million live <i>L. reuteri</i> and 10 µg Vitamin D Vitamin D contributes to the normal functioning of the immune system in children
Directions	5 drops, 2 times per day (morning and evening). For a period of 10 days. To be used in combination with NSAIDs
Packaging	5 ml glass bottle
Strains	Contains two patented bacterial strain, QPS listed
Name of strains	<i>Limosilactobacillus reuteri</i> DSM 17938 <i>Limosilactobacillus reuteri</i> ATCC PTA 5289
Usage	Suitable for children from 6 months +
Free from	Gluten, milk and lactose



# BioGaia®

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*This communication is only intended for business- to-business and health care professionals i.e. not intended for consumers. This material shall be adjusted to meet local regulations.*

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