A NOTE FROM YOUR CARE TEAM

Growing Up® Prebiotics

Softer, more comfortable poops, gently.

Daily fiber blend · Kids 1+



WHY WE RECOMMENDED IT

Comfortable poops
Softer, more regular stools.

A healthier gut
Feeds the good bacteria.

Easy every day
Tasteless, textureless, mixes into anything.

HOW TO GIVE IT

Ages 1–3

1 serving a day

Packet or scoop · 3g fiber

Ages 4+

2 servings a day

Packet or scoop · 6g fiber

Mix each serving into at least 4–6 oz of milk, water or a favorite drink, or stir into yogurt or other foods.

Tip: Start with ½ serving and build up over several days. Some kids may experience mild gas or bloating at first.

THE SCIENCE

1

Breast milk's prebiotic

2'-FL HMO is the most abundant HMO in breast milk. It feeds good gut bacteria.

2

Fiber that works for the gut

Chicory-root fiber turns into short-chain fatty acids that help keep the gut lining healthy.

3

Backed by research

In a clinical study, kids with constipation who took chicory-root inulin had softer, better-formed stools.

Scan for how-to tips & FAQs · beginhealth.com

If your child takes any medication or has a medical condition, check with their health care professional before use.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.