growing up® prebiotics

Daily Prebiotic Fiber Blend for Kids Ages 1+

Our Science-First Approach

Growing Up® Prebiotics combines two clinically studied ingredients, 2'-Fucosyllactose (2'-FL) human milk oligosaccharide (HMO) and chicory-root oligofructose inulin, to nourish beneficial gut bacteria, support digestive comfort, and promote healthy stooling patterns in kids ages 1+.[1,2,3,4]

Why Gut Health Matters for Kids

A healthy gut plays a central role in digestion, nutrient absorption, immune strength, and even emotional well-being. Yet, as babies transition from breast milk to solid foods, they lose natural exposure to Human Milk Oligosaccharides (HMOs), key prebiotics that help seed a healthy microbiome.[16] At the same time, most kids fall short on fiber, leaving their gut bacteria undernourished.[18]

- Supports healthy digestion and comfort: A balanced gut helps food move smoothly through the digestive tract, promoting softer, more regular stools in kids.[7-9]
- Builds a thriving microbiome early on: Nourishing beneficial gut bacteria like Bifidobacterium and Lactobacillus helps kids develop a stronger, more resilient gut ecosystem.[6,8,9,13]
- Strengthens the gut barrier and immune system: By boosting short-chain fatty acid (SCFA) production, prebiotics support gut lining integrity, which plays a vital role in immune defense.[10-12]
- Lays the foundation for lifelong health: Regular fiber and prebiotic intake help maintain healthy stooling patterns and may reduce the risk of constipation linked to modern low-fiber diets.[6-8,13]

Clinically Supported Nutrition Support.

Growing Up® Prebiotics can be used daily alongside standard pediatric care as a nutrition-based complement for maintaining healthy stooling patterns over time.

What Growing Up® Prebiotics Is Not a Substitute For:

- Not a medication or laxative
- Not a quick fix, supports gut health over time
- Not intended to diagnose, treat, cure, or prevent any disease

Our Ingredient Philosophy

We believe good health starts in purposeful ingredients. Every ingredient in Growing Up® Prebiotics was selected based on current published research, safety in children, and its individual role in supporting both digestive and immune health.

- **Clinically studied ingredients:** Demonstrated safety and benefits in kids ages 1+.
- **GRAS ingredients:** All components meet safety and regulatory standards.
- **Allergen control:** Made in a facility with strict allergen management, tested to California Prop 65 limits.
- **No artificial sweeteners, flavors, or fillers:** Formulated to mix easily into water and soft foods, without added sugar.

Product Design Objectives

- Prebiotic fiber in clinically relevant doses for digestive support in children.
- Plant-based inulin plus 2'-FL HMO for complementary microbiome benefits.
- Excellent tolerability in kids ages 1+, with flexible dosing by age group.



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Ingredient Spotlight:

2'-FL Human Milk Oligosaccharides (HMOs)

What it is

2’-FL is the most abundant HMO in human milk and serves as selective food for Bifidobacterium.[1,2]

What it does

- Helps nourish beneficial gut bacteria for a balanced microbiome.[2,3,6]
- Supports intestinal barrier integrity and healthy gut-immune communication.[11,12]
- Promotes a favorable microbial environment that supports digestive and immune health.[6,13]

Safety & Tolerability

- Evaluated in infants, children, and adults; well tolerated at studied levels.[2,4,14]
- GRAS and approved for use in foods and supplements for all ages.[15,16]

Chicory-Root Inulin

What it is

A naturally derived, fermentable soluble fiber that functions as a prebiotic.[7]

What it does

- Increases Bifidobacterium and Lactobacillus levels in the gut.[8,9]
- Supports softer stool consistency and healthy stool frequency.[7,8]
- Promotes SCFA production (acetate, propionate, butyrate) which fuel colon cells and support gut barrier health.[10,11]

Safety & Tolerability

- Clinically shown to be safe and well tolerated at 3-6g/day in children.[7,8,9]
- Recognized by the FDA as a dietary fiber and approved under multiple GRAS notices.[17,18]

What's in each serving

- **Ages 1-3:**
  1 serving = 3g inulin + 500mg HMOs
- **Ages 4+:**
  1 to 2 servings = 3 - 6g inulin + 500 - 1000mg HMOs

3g of prebiotic fiber

made with **HMOs**

packaged in the **USA** ★★★★★

0g added sugar



References

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†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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