

PHARMANEX® kids

DEFENDABLES

PHARMANEX KIDS PRODUCTS ARE THE SAFE, HASSLE-FREE WAY TO GIVE YOUR CHILDREN THE SUPPORT THEY NEED TO HELP THEM SUCCEED IN SCHOOL AND LIFE.

Pharmanex Kids Defendables is the natural solution for your child's immune, digestive, and wellness support.



MEET DEFENDABLES

With five billion active live cultures and four unique strains, Pharmanex® Kids Defendables is formulated with just the right amount of the right strains of probiotics to support your child's immune system. Plus, it provides digestive support for growing bodies, so your child is set up for daily success. Backed by Pharmanex® science, quality, and safety, Defendables is free from artificial flavors, colors, sweeteners, and preservatives—with a taste kids love.

WHY YOU'LL LOVE IT

- Works naturally with your child's body to support healthy immunity and digestive health.
- Supports general wellness.
- Supports the response of natural defenses.
- Supports a healthy microbiome (a wide variety of friendly bacteria, viruses, fungi, and other single-celled organisms make up the human microbiome).
- Boosts good bacteria and nurtures the gut for overall health and wellbeing.
- Keeps the digestive system running smoothly and helps maintain regularity.
- Free from artificial colors, flavors, sweeteners, and preservatives. Defendables is the clear choice for your child's immune support.

WHAT POWERS IT

The unique blend of key ingredients includes:

- Lactobacillus Rhamnosus GG
- Lactobacillus Paracasei Lpc-37

- Bifidobacterium Lactis Bi-07
- Lactobacillus Acidophilus La-14

HOW TO USE IT

Recommended for children 2–12. Enjoy one (1) chewable tablet daily.

LEARN MORE ABOUT IT

How do probiotics that live in the gut support my child's immune system?

The microbiota, complex gut microbial community, is a central player in the function of the immune system. Consumed probiotics settle and colonize in the GI tract, which hosts many of our immune cells. The bacteria that live here provide signals for the child's immune system. The immune cells in our GI tract directly influence our entire body's immune system.

I've heard of Acidophilus, but I don't know much about the other key ingredients. What are their specific benefits? Each strain of good bacteria in Defendables has crucial health benefits. Pharmanex® scientists specially formulated this blend to support immune health and digestion in children.

- **Bifidobacterium Lactis Bi-07**—a multipurpose probiotic bacteria that improves digestion and enhances immune system functions.
- **Lactobacillus Paracasei Lpc-37**—improves gut health and digestion. Boosts the number of beneficial bacteria and supports immune health.
- **Lactobacillus Rhamnosus GG**—supports the growth of beneficial bacteria while also improving immune health.

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Helps to keep the digestive system running smoothly while taking antibiotics.

Can my child take Defendables with Mighty Minds® and Jungamals®?

Yes. Defendables is safe to take with both Mighty Minds and Jungamals. In fact, for best results, we recommend taking all three products since they provide complementary benefits.

Should my child take Defendables with food?

For best results, yes. Research has shown that probiotics perform best when taken with or just before eating a meal.

How is Defendables sweetened and flavored?

Defendables is naturally sweetened with safe amounts of xylitol, sorbitol, and stevia, and flavored with natural strawberry and triple berry flavors. It's free from sugar, artificial sweeteners, and artificial flavors.

Why does the Defendables package say, "Keep out of reach of children"?

Even though Defendables is formulated especially for children, it's best to store it out of reach of children to minimize the risk of exceeding the recommended dosage.

THE SCIENCE BEHIND IT LACTOBACILLUS ACIDOPHILUS

1. Paineau, D., D. Carcano, G. Leyer, S. Darquy, M. A. Alyanikian, G. Simoneau, J. F. Bergmann, D. Brassart, F. Bornet and A. C. Ouwehand (2008). "Effects of seven potential probiotic strains on specific immune responses in healthy adults: a double-blind, randomized, controlled trial." *FEMS Immunol Med Microbiol* 53(1): 107–113.

LACTOBACILLUS PARACASEI

1. Hemalatha, R., A. C. Ouwehand, S. D. Forssten, J. J. B. Geddan, R. S. Mamidi, V. Bhaskar and K. V. Radhakrishna (2014). "A community-based randomized double-blind controlled trial of lactobacillus paracasei and bifidobacterium lactis on reducing risk for diarrhea and fever in preschool children in an urban slum in India." *European Journal of Nutrition and Food Safety* 4(4): 325–341.

2. Hemalatha, R., A. C. Ouwehand, M. T. Saarinen, U. V. Prasad, K. Swetha and V. Bhaskar (2017). "Effect of probiotic supplementation on total lactobacilli, bifidobacteria and short chain fatty acids in 2-5-year-old children." *Microb Ecol Health Dis* 28(1): 1298340.

LACTOBACILLUS RHAMNOSUS

1. Hatakka, K., E. Savilahti, A. Ponka, J. H. Meurman, T. Poussa, L. Nase, M. Saxelin and R. Korpela (2001). "Effect of long-term consumption of probiotic milk on infections in children attending day care centres: double blind, randomised trial." *BMJ* 322(7298): 1327.
2. Hojsak, I., S. Abdovic, H. Szajewska, M. Milosevic, Z. Krznaric and S. Kolacek (2010). "Lactobacillus GG in the prevention of nosocomial gastrointestinal and respiratory tract infections." *Pediatrics* 125(5): e1171–1177.
3. Hojsak, I., N. Snovak, S. Abdovic, H. Szajewska, Z. Misak and S. Kolacek (2010). "Lactobacillus GG in the prevention of gastrointestinal and respiratory tract infections in children who attend day care centers: a randomized, double-blind, placebo-controlled trial." *Clin Nutr* 29(3): 312–316.
4. Kumpu, M., R. A. Kekkonen, H. Kautiainen, S. Jarvenpaa, A. Kristo, P. Huovinen, A. Pitkaranta, R. Korpela and K. Hatakka (2012). "Milk containing probiotic Lactobacillus rhamnosus GG and respiratory illness in children: a randomized, double-blind, placebo-controlled trial." *Eur J Clin Nutr* 66(9): 1020–1023.
5. Szajewska, H. and M. Kolodziej (2015). "Systematic review with meta-analysis: Lactobacillus rhamnosus GG in the prevention of antibiotic-associated diarrhoea in children and adults." *Aliment Pharmacol Ther* 42(10): 1149–1157.

BIFIDOBACTERIUM LACTIS

1. Leyer, G. J., S. Li, M. E. Mubasher, C. Reifer and A. C. Ouwehand (2009). "Probiotic effects on cold and influenza-like symptom incidence and duration in children." *Pediatrics* 124(2): e172–179.
2. Childs, C. E., H. Roytio, E. Alhoniemi, A. A. Fekete, S. D. Forssten, N. Hudjec, Y. N. Lim, C. J. Steger, P. Yaqoob, K. M. Tuohy, R. A. Rastall, A. C. Ouwehand and G. R. Gibson (2014). "Xylo-oligosaccharides alone or in synbiotic combination with Bifidobacterium animalis subsp. lactis induce bifidogenesis and modulate markers

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of immune function in healthy adults: a double-blind, placebo-controlled, randomised, factorial cross-over study." Br J Nutr 111(11): 1945–1956.

3. Favretto, D. C., B. Pontin and T. R. Moreira (2013). "Effect of the consumption of a cheese enriched with probiotic organisms (Bifidobacterium lactis bi-07) in improving symptoms of constipation." Arq Gastroenterol 50(3): 196–201.
4. Maneerat, S., M. J. Lehtinen, C. E. Childs, S. D. Forssten, E. Alhoniemi, M. Tiphaine, P. Yaqoob, A. C. Ouwehand and R. A. Rastall (2013). "Consumption of Bifidobacterium lactis Bi-07 by healthy elderly adults enhances phagocytic activity of monocytes and granulocytes." J Nutr Sci 2: e44.

WARNINGS

Keep out of reach of children. Intended for human consumption only. Not intended for pets. Discontinue use and consult a physician if any adverse reactions occur. Store in a cool, dry place

Supplement Facts

Serving Size: One Chewable Tablet

Amount Per Tablet		% DV for children years of age	
		2-3	4-12
Total Carbohydrate	<1 g	0% [†]	0% ^{††}
Defendables blend providing	5 Billion CFU	**	**
L. Rhamnosus GG		**	**
L. Paracasei (Lpc-37)		**	**
B. Lactis (Bi-07)		**	**
L. Acidophilus (La-14)		**	**

[†] Percent DV are based on a 1,000 calorie diet. ^{**} DV not established.

^{††} Percent DV are based on a 2,000 calorie diet.

OTHER INGREDIENTS: Dextrates (non-GMO), Xylitol, Beet Juice (for colors), Stearic Acid, MCT, Natural Strawberry Flavor, Natural Triple Berry Flavor.

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