



The Best Probiotic for Infants - *Lactobacillus reuteri*

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In recent years, the health benefits of probiotics have gained widespread attention, particularly concerning their role in supporting infant health. Among the myriad of probiotic strains, *Lactobacillus reuteri* stands out as a promising candidate for infant use. With a growing body of evidence supporting its efficacy and safety, *Lactobacillus reuteri* has emerged as a frontrunner in the quest to provide infants with the best start in life.

Probiotics are live microorganisms that, when administered in adequate amounts, confer health benefits to the host. For infants, whose immune and digestive systems are still developing, probiotics can play a crucial role in establishing a healthy gut microbiota, enhancing immune function, and preventing various gastrointestinal disorders. The infant gut microbiome is critical in early life, influencing not only digestive health but also immune system development and overall well-being. Disruptions in the microbiome, whether from birth method, antibiotic use, or diet, can have lasting effects. Hence, the administration of probiotics has become a strategic approach to ensure infants develop a robust and balanced microbiome.

This specific strain, originally isolated from human breast milk, has a long history of safe use and has been extensively studied for its health benefits in infants. One of the most compelling reasons to consider *Lactobacillus reuteri* as the best probiotic for infants is its effectiveness in reducing colic symptoms. Colic, characterized by excessive crying and fussiness in otherwise healthy infants, can be distressing for both infants and parents. Multiple studies have demonstrated that *Lactobacillus reuteri* can significantly reduce crying time and improve colic symptoms in breastfed infants. This strain appears to exert its beneficial effects by modulating gut microbiota and reducing intestinal inflammation.

Lactobacillus reuteri has also been shown to promote overall digestive health in infants. It helps in the breakdown of food, enhances nutrient absorption, and prevents gastrointestinal infections. This probiotic strain produces antimicrobial substances that inhibit the growth of harmful bacteria, thereby maintaining a healthy balance of gut microbiota. For infants prone to diarrhea or other digestive issues, *Lactobacillus reuteri* can offer substantial relief and contribute to better gut health.

The early development of the immune system is intricately linked to the gut microbiome. *Lactobacillus reuteri* has been found to play a pivotal role in modulating immune responses. By promoting the production of anti-inflammatory cytokines and enhancing the gut barrier function, this probiotic strain helps in the development of a more robust and balanced immune system in infants. This can potentially reduce the risk of allergies, infections, and other immune-related conditions.

In the realm of infant probiotics, *Lactobacillus reuteri* stands out as the best choice due to its proven benefits in reducing colic symptoms, enhancing digestive health, and supporting immune system development. Its long history of safe use and extensive research backing its efficacy make it a reliable and effective option for promoting infant health. As more parents and healthcare providers recognize the importance of a healthy gut microbiome in early life, *Lactobacillus reuteri* is poised to play an increasingly vital role in ensuring infants get the best start in life.