

# Life Start Vegan Fact Sheet

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## **Q. Is Life Start® Vegan safe for my infant?**

A. Probiotics, or "good bacteria", are considered to be very safe for most people including infants and toddlers. Always consult with your child's pediatrician if in doubt.

## **Q. How should I give Life Start Vegan to my infant?**

A. We recommend mixing 1/4 tsp. (0.5 gram) with 1 oz un-chilled, filtered (non-chlorinated) water or breast milk into a smooth thin paste preferably before meals to optimize digestion. Administer using a clean fingertip or apply to breast nipple and let the infant suckle. If using infant formula, use a portion of the formula to dissolve **Life Start** Vegan, then add the mixture to the remaining formula and shake the bottle thoroughly to mix. For toddlers, mix it in water, non-acidic juice (e.g. apple, grape), apple sauce or yogurt.

## **Q. Can my child take Life Start Vegan if he/she is taking other medications or vitamins?**

A. We suggest that you give Life Start Vegan two hours apart from prescription medications, herbs, garlic and other vitamins for optimal results.

## **Q. How long can I keep my child on Life Start Vegan?**

A. There is no standard rule of thumb on how long to keep taking Life Start Vegan, but we do suggest that around the time your child enters school to switch to or add our Health Start System vegan formula to their daily probiotic regimen.

## **Q. I am pregnant; can I take Life Start Vegan too?**

A. Life Start Vegan is ideal and very safe to take for both pregnant and lactating women. Life Start Vegan is beneficial throughout your entire pregnancy but especially during the third trimester.

Generally for pregnant women, we recommend a layering regimen of Healthy Trinity and Life Start Vegan on a daily basis. Always consult with your physician or primary healthcare practitioner however, if you have any doubts.

## **Q. How do I store Life Start Vegan?**

A. All Natren probiotics are live microorganisms and need to be kept dry and refrigerated to maintain the potency guarantee. Do not freeze or expose to moisture, heat or direct sunlight. Do not accept if the seal is broken or tampered with.

**Q. Can I mix Life Start Vegan with warm liquids or foods?**

A. Any Natren probiotic powder, including Life Start Vegan, may be added to any food or liquid to create a functional food or beverage. Sprinkle ¼ teaspoon of Life Start Vegan on any non-acidic food or liquid that is going to be consumed right away. For best results, foods or liquids should be at room temperature and never hot. If using a microwave, add Life Start Vegan after microwaving since microwaving will destroy the beneficial bacteria.

**Q. Does Life Start Vegan come in other sizes?**

A. Currently, Life Start Vegan is only available in 1.25oz. bottles.

**Q. Who can I talk to if I have questions about Natren Probiotics?**

A. Our probiotic consultants are specially trained to answer all your questions about Natren probiotics. They are available to speak to you from 6am until 5pm Pacific Time at 866-462-8736.

**Q. Why does Life Start Vegan contain *Bifidobacterium infantis*?**

A. *Bifidobacterium infantis* is one of the most important bacteria found in a healthy infant's gastrointestinal tract.

**Q. Why should babies take *Bifidobacterium infantis* instead of *Lactobacillus acidophilus*?**

A. *Bifidobacterium infantis* is the probiotic of choice because Bifidobacteria are the predominant species found in the large intestine of healthy breast-fed infants. For optimal benefits, it is recommended that babies have been weaned from breast milk or formula before starting *L. acidophilus*.