

**Probiotic effects on cold and influenza-like symptom incidence and duration in children.**

**Source:** *Pediatrics*, Aug. 2009

**Objective:** Test effectiveness of single and combination probiotics on healthy children ages 3-5 during the winter season.

**Conclusion:** Daily dietary probiotic supplementation for 6 months was a safe effective way to reduce fever, rhinorrhea, and cough incidence and duration and antibiotic prescription incidence, as well as the number of missed school days attributable to illness, for children 3 to 5 years of age.

	Reduction Percentage	
	Single Probiotic	Combination Probiotics
Fever	53.00%	72.70%
Coughing	41.40%	62.10%
Rhinorrhea	28.20%	58.80%
Antibiotic Use	68.40%	84.20%
Duration of Symptoms	32.00%	48.00%
Days Absent from Group Child Care	31.80%	27.70%

*Table 1: This table shows how much less cold and flu symptoms occurred in children taking probiotic supplements as opposed to those who remained untreated.*