

Tips to Help Improve Your Child's Digestive Tolerance

1

Keep your little one hydrated.

Drinking an adequate amount of water can help stimulate your child's healthy digestion and nutrient absorption.



2

Follow your child's milk mixing instructions.

Adding more milk powder than recommended can make your child feel constipated and dehydrated.



3

Consider Human Milk Probiotics in your child's milk.

Human Milk Probiotics can help stimulate the immune system and cognitive development while preventing common digestive problems.



4

Encourage healthy eating habits.

Encourage your child to drink milk with Human Milk Probiotics in the morning and before bedtime to help with healthy digestion.



5

Try organic food and milk.

You might want to try organic food and organic milk to limit your child's exposure to food allergens and preservatives.



Remember to consult your doctor if problems persist.

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