Results & Findings

DynaMed Level 2 (mid-level) evidence suggests the following [1]

- Probiotics appear to reduce incidence of fever, upper respiratory symptoms and absence from group child care in preschoolers
- Probiotic milk may prevent some infectious illnesses in children attending day care (acute otitis media, sinusitis, lower respiratory tract infections)

DynaMed Levels of Evidence [1]

Level	Definition
1	Likely reliable
2	Mid-level
3	Lacking direct

[1] DynaMed. Probiotics. EBSCO Information Services. Accessed July 12, 2021. https://www.dynamed.com/drug-review/probiotics
[2] DynaMed. Levels of Evidence. EBSCO Information Services. Accessed June 4, 2021. https://connect.ebsco.com/s/article/DynaMed-Levels-of-Evidence

Assessing Clinical Relevance

Example RCT:

	Placebo	*Lactobacillus acidophilus*	*Lactobacillus acidophilus* and *Bifidobacterium animalis*
Fever	63.5%	28.2% (p = 0.0085)	16.1% (p = 0.0009)
Cough	83.7%	46.4% (p = 0.027)	29.5% (p = 0.005)
Rhinorrhea	81.7%	55.5% (not significant)	31.3% (p = 0.03)
Mean symptom duration	6.5 days	4.5 days (32% reduction, p = 0.0023)	3.4 days (48% reduction, p < 0.001)
Antibiotic use	**54.8%**	**16.4% (p = 0.0002)**	**8% (p < 0.0001)**
Reduction in days absent	NA	31.8% (p = 0.002)	27.7% (p < 0.001)

[1] Leyer GJ, Li S, Mubasher ME, Reifer C, Ouwehand AC. Probiotic effects on cold and influenza-like symptom incidence and duration in children. Pediatrics. 2009 Aug;124(2):e172-9. doi: 10.1542/peds.2008-2666. Epub 2009 Jul 27. PMID: 19651563.