# Results & Findings


**DynaMed Level 1** (likely reliable) evidence suggests the following [1]

- *L. rhamnosus* GG, *S. boulardii* reduce risk of AAD in children (many studies 6mo. to 10y.) taking antibiotics

- Different species and combinations have different levels of evidence, and may have different effects (not compared head-to-head; per Cochrane Review)

DynaMed Levels of Evidence [2]

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

[1] DynaMed. Probiotics to Prevent Antibiotic-associated Diarrhea. EBSCO Information Services. Accessed July 11, 2021. https://www.dynamed.com/prevention/probiotics-to-prevent-antibiotic-associated-diarrhea-19
[2] DynaMed. Levels of Evidence. EBSCO Information Services. Accessed June 4, 2021. https://connect.ebsco.com/s/article/DynaMed-Levels-of-Evidence

# Probiotic Selection Based on Level of Evidence

Options for Probiotics for Prevention of Diarrhea in Children Taking Antibiotics [1]

| **Probiotic Species** | **Prevention of Antibiotic-associated Diarrhea** | **Prevention of *Clostridium Difficile*-associated Diarrhea** | **Typical Dose** |
|---|---|---|---|
| Lactobacillus rhamnosus (GG strain) (Culturelle) | Effective (level 1 [likely reliable] evidence) | May be ineffective (level 2 [mid-level] evidence) | 1010 CFU/capsule once or twice daily |
| Saccharomyces boulardii (Florastor) | Effective (level 1 [likely reliable] evidence) | May be effective (level 2 [mid-level] evidence) | 250-500 mg/day |

**Alternatives with Less Robust Evidence of Efficacy** (DynaMed Level 2)

- Combination: *Lactobacillus casei, Lactobacillus acidophilus, L. reuteri, Lactobacillus bulgaricus, Streptococcus, Bifidobacterium bifidum, Bifidobacterium infantis*
- Combination: *Bifidobacterium lactis* and *Streptococcus thermophilus*
- *Lactobacillus sporogenes*
- Combination: *Clostridium butyricum* and *Bifidobacterium combination*

[1] DynaMed. Acute Diarrhea in Children. EBSCO Information Services. Accessed July 11, 2021. https://www.dynamed.com/approach-to/acute-diarrhea-in-children