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.

Results & Findings

Cochrane Review suggests the following with **low certainty** [1]

- Probiotics may reduce the risk of NEC in very preterm (< 32 weeks gestation) or very low-birth-weight (< 1,500 g) infants

[1] Sharif S, Meader N, Oddie SJ, Rojas-Reyes MX, McGuire W. Probiotics to prevent necrotising enterocolitis in very preterm or very low birth weight infants. Cochrane Database of Systematic Reviews 2020, Issue 10. Art. No.: CD005496. DOI: 10.1002/14651858.CD005496.pub5. Accessed 12 July 2021.