

# Clinical Question

## Efficacy of Probiotics

“In 6 month old infants, does probiotic-supplemented formula reduce the risk of URI compared to formula alone?”

**P**

6 month old infants

**I**

Probiotic-supplemented  
formula

**C**

Control formula

**O**

URI

# Results & Findings



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

- Addition of *Lactobacillus fermentum* to standard formula for 6 months may reduce GI and **URI** in infants aged 6-12 months
- Probiotic-supplemented formula may reduce acute otitis media and **recurrent respiratory infections** in infants

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>