

AUTHOR	STUDY DESIGN	KEY FINDINGS	KEY FINDINGS SPECIFIC TO L. REUTERI
Shirazinia et al., 2021 [122]	Systematic review and meta-analysis	Probiotics reduced excessive crying in infants with colic.	L. reuteri significantly reduced crying time.
Simonson, 2021 [123]	Systematic review	Probiotics administered to breast-fed babies reduced crying time compared to placebo. Limited evidence to support a benefit in formula-fed infants.	Five out of six RCTs that evaluated the efficacy of L. reuteri in breastfed infants with colic reduced daily crying and fussing time.
Skonieczna-Żydecka, 2020 [124]	Systematic review and meta-analysis	Probiotics reduced crying duration, but effects on gut microbiota and/or the immune system are unknown.	L. reuteri DSM17938 may relieve symptoms of infantile colic in breastfed infants.
Ong et al., 2019 [125]	Post hoc analysis of a previous RCT.	IBS patients received LFD (n=33) vs traditional advice (n=33) for 4-weeks.	On both diets: <ul style="list-style-type: none">• Adherence was good• Energy intake fell• Better adherence associated with better symptom response
Boradyn et al., 2020 [166]	Cochrane review	Inadequate evidence to suggest that probiotics prevent infantile colic. However, crying time was reduced with probiotic use compared to placebo.	Two studies found that L. reuteri significantly reduced crying time in both pre-term infants and term infants compared to control.