

PROBIOTICS FACT SHEET

| PROBIOTIC STRAIN (PRODUCT) | FORMULATION TYPE | DOSE SCHEDULE USED | SUMMARY OF RESEARCH FINDINGS |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| EVIDENCE FROM TWO OR MORE RCTs | | | |
| Bifidobacterium lactis I-2494 (DN-173 010) plus lactic acid bacteria or Activia® | Capsule (1 x 10 ⁹ , 1 x 10 ¹⁰ cfu) or Malted milk drink (1 x 10 ¹⁰ cfu) | 1 capsule/d for 4 weeks, or 1 drink/d for 8 weeks | <ul style="list-style-type: none"> 30% improvement in overall IBS symptoms Symptoms were significantly improved after 4 weeks Inconsistent benefit on bowel habits shown |
| Bifidobacterium lactis I-2494 (DN-173 010) plus lactic acid bacteria or Activia® | Fermented probiotic yoghurt (1.25 x 10 ¹⁰ cfu) | 1 x 125g tub BD for 6 weeks, or 1 x 125g tub/d for 4 weeks | <ul style="list-style-type: none"> In healthy adults, modest but consistent improvements in gastrointestinal discomfort |
| Multi-species VSL#3® | Powder in sachets (45 x 10 ¹⁰ cfu/d) | 1 sachet/d for 8 weeks | <ul style="list-style-type: none"> Modest benefits seen for gaseous symptoms – flatulence and abdominal bloating No benefit on overall or other symptomscores |
| Lactobacillus plantarum 299V or ProViva® | Rose hip drink (5 x 10 ⁷ cfu/ml) or probiotic juice | 400 ml/d for 4 weeks | <ul style="list-style-type: none"> Inconsistent benefit on overall IBS symptoms and abdominal pain 50% reduction in frequency of flatulence ('windy' days) |
| Saccharomyces boulardii or Bioflor® | Capsule (2 x 10 ¹¹ cfu) or Sachet | 1 sachet or capsule BD for 4 weeks | <ul style="list-style-type: none"> 8% improvement in IBS quality of life over placebo No other benefits on overall or individual IBS symptoms |
| EVIDENCE FROM ONE RCT | | | |
| Bifidobacterium bifidum MIMBb75 or Kijimea™ IBS | Capsule (1 x 10 ⁹ cfu) | 1 capsule/d for 4 weeks | <ul style="list-style-type: none"> 57% of patients will respond clinically Benefits overall IBS symptom severity |
| Multi-species Lactobacillus acidophilus, Lactobacillus plantarum, Lactobacillus rhamnosus, Bifidobacterium breve, Bifidobacterium lactis, Bifidobacterium longum, Streptococcus thermophilus or Duolac7® | Capsule (1 x 10 ¹⁰ cfu) | 1 capsule BD for 8 weeks | <ul style="list-style-type: none"> 48% of patients will respond clinically Improvements mainly in stool consistency but no impact on quality of life |
| Multi-species Bifidobacterium longum, Bifidobacterium bifidum, Bifidobacterium lactis, Lactobacillus acidophilus, Lactobacillus rhamnosus, Streptococcus thermophiles or LacClean Gold® | Capsule (5 x 10 ⁹ cfu) | 1 capsule BD for 4 weeks | <ul style="list-style-type: none"> Improvement in overall symptoms after 4 weeks, mainly with abdominal pain |
| Multi-species Lactobacillus rhamnosus GG, Lactobacillus rhamnosus Lc705, Propionibacterium freudenreichii ssp. shermanii JS, Bifidobacterium animalis ssp. lactis Bb12 | Liquid preparation consisting of 80% lactose-free milk and 20% fruit juice (1 x 10 ⁷ cfu) | 120 ml daily for 5 months | <ul style="list-style-type: none"> Improvements in overall IBS symptom severity after 5 months |
| Lactobacillus acidophilus-SDC 2012, 2013 | Capsule (2 x 10 ⁹ cfu) | 1 capsule BD for 4 weeks | <ul style="list-style-type: none"> Benefits the frequency and severity of abdominal pain |
| Multi-species Lactobacillus acidophilus CUL60 (NCIMB 30157), Lactobacillus acidophilus CUL21 (NCIMB 30156), Bifidobacterium lactis CUL34 (NCIMB 30172), Bifidobacterium bifidum CUL20 (NCIMB 30153) | Capsule (2.5 x 10 ¹⁰ cfu) | 1 capsule daily for 8 weeks | <ul style="list-style-type: none"> Improvements in overall IBS symptom severity Improvements also see with satisfaction with bowel habits, number of days without abdominal pain and quality of life |

