BioGaia®
Clinically Proven Probiotics

L. reuteri
Allergy prevention from birth

Prescribed in 90 countries worldwide by specialists!

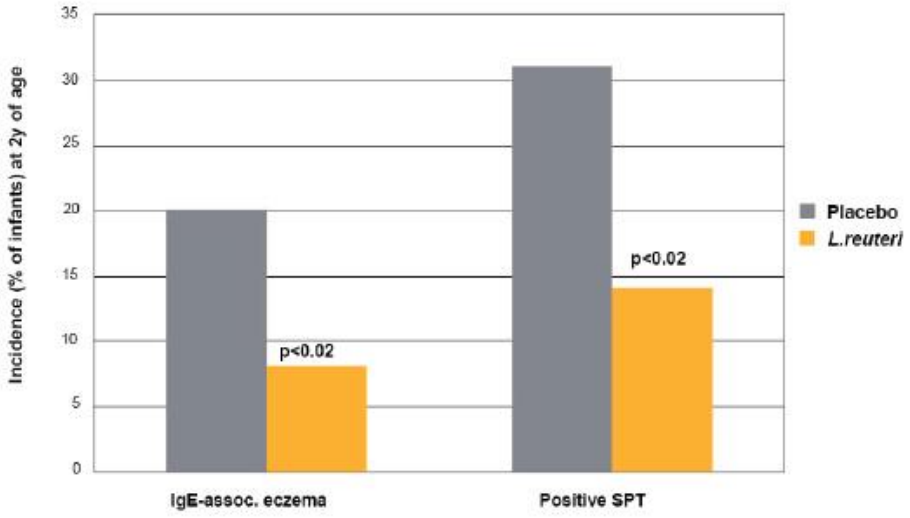
Lactobacillus reuteri reduced the frequency of IgE-associated eczema and sensitisation to food allergens in children

Randomized, placebo-controlled clinical trial on newborns to study the effects of Lactobacillus reuteri in the form of oil drops on the prevention of atopic eczema.

The study included 232 families, of whom 188 completed the study. The mothers received Lactobacillus reuteri (1x108 colony forming units) daily from gestational week 36 until delivery. Their babies then continued with the same product and dose from birth until 12 months of age and were followed up for another year. Primary outcome was allergic disease, with or without positive skin prick test or circulating IgE to food allergens.

A preventive effect of L. reuteri on overall infant eczema could not be demonstrated. However, treated infants had less IgE-associated eczema at 2 years of age, especially those with allergic mothers.

The lower incidence of allergic sensitisation in the L. reuteri group implies that these children possibly run a reduced risk of respiratory allergy later in life, and a follow-up study to investigate such an effect is in progress.



At 2 years of age the L. reuteri supplemented infants had less IgE-associated eczema (i.e. eczema with hyperreactivity to allergy-causing substances such as egg and milk), 8% vs. 20% (P=0.02).
Skin prick test (SPT) reactivity was also less common in the L. reuteri group compared to the placebo group, significantly so for infants with mothers with allergies, 14% vs. 31% (P=0.02).

Reference:
Abrahamsson TR, Jakobsson T, Böttcher MF, Fredrikson M, Jenmalm MC, Björkstén B, Oldaeus G. (2007)
Probiotics in prevention of IgE-associated eczema: a double blind randomised placebo-controlled trial. J Allergy Clin Immunol. 119(5):1174-1180.

New study shows positive effects in adults with functional constipation

A study of 40 adults with constipation shows that patient given L. reuteri were significantly less constipated after 4 weeks compared to given placebo.

Double-blind, placebo-controlled, randomized trial in 40 consecutive adult patients diagnosed with functional constipation (Rome III) 108 CFU twice per day of L. reuteri Protectis (n=20) or placebo (n=20) for 28 days

Primary outcome:
Increase of bowel movements/week
Secondary outcome:
Improvement of stool consistency

Results

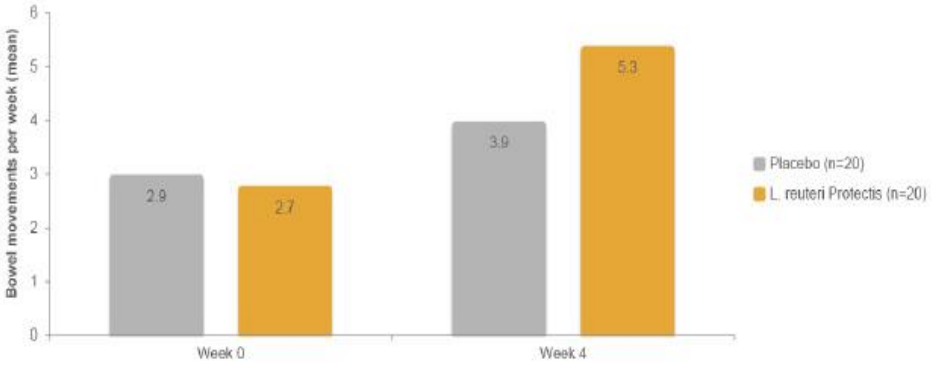
At week four patients in the L. reuteri Protectis group had significantly more bowel movements per week compared to patients in the placebo group (p=0.023)

The mean increase in bowel movements per week during the intervention was 2.6 in the L. reuteri Protectis group compared to 1.0 in the placebo group (p=0.046)

Stool consistency improved in both groups but at week four there was no significant difference between the groups

No adverse effects related to the treatment were reported

L. reuteri significantly improved bowel movements per week compared to placebo



* Reference: Veronica O, Gianluca I, Annalisa T, Giovanna D, Teresa ADR, Stefano B, Alessio M, Antonio G. (2014)
* The Effect of Lactobacillus reuteri Supplementation in Adults with Chronic Functional Constipation: a Randomized, Double-Blind, Placebo-Controlled Trial.

Dosage: 1 to 2 tablets a day