

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

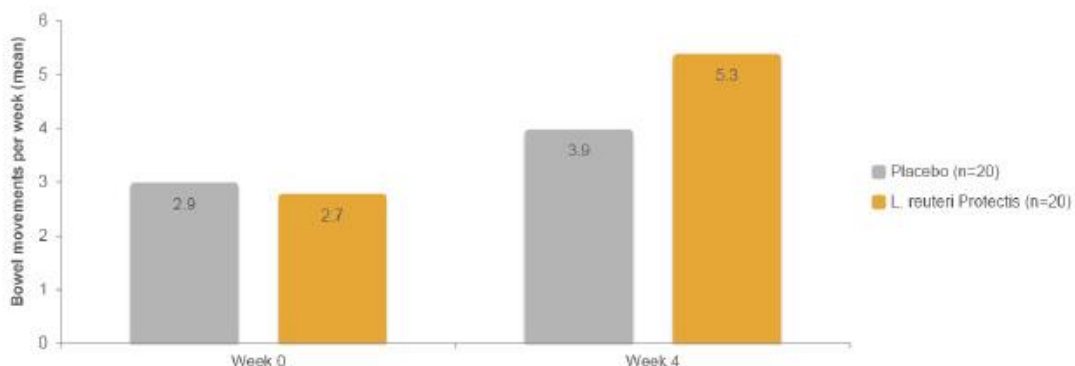
At week four patients in the L. reuteri Protectis group had significantly more bowel movements per week compared to patients in the placebo group (p=0.023)

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