GI symptoms

REFERENCE	STUDY OBJECTIVES	STUDY DESIGN*	SUBJECTS AND (DAILY DOSE)	RESULTS
Ojetti V, 2014	The effect of *L. reuteri* DSM 17938 on functional constipation in adults of mean age 35.6 (± 15) years	R, DB, PC 4 weeks	*L. reuteri*: 20 ($2x10^8$ CFU) Placebo: 20	• Frequency of defecation per week was significantly in creased at week 4 compared to placebo • Stool consistency was somewhat improved but without significant difference compared to baseline or compared to placebo
Ojetti V, 2010	To evaluate the effects of lactase, *L. reuteri* and placebo on reduction of H2 breath excretion and gastrointestinal (GI) symptoms in lactose intolerant adults.	R, PC, open 10 days	*L. reuteri*: 20 ($4x10^8$ CFU) Lactase: 20 Placebo: 20	Compared to baseline *L. reuteri* significantly reduced: • H2 breath excretion and GI symptoms • Best effect was seen with lactase while placebo had no effect
Dumitru IM, 2009	To study *L. reuteri* DSM 17938 as an adjunct to oral rehydration and antimicrobial therapy, on duration of acute diarrhoea in adults with HIV/AIDS.	R, open 7 days	*L. reuteri*: 50 ($1x10^8$ CFU) Control: 50	• *L. reuteri* significantly reduced duration of diarrhoea in adults with HIV/AIDS compared to control • *L. reuteri* DSM 17938 was well tolerated
del Campo R, 2009	To evaluate the effect on gastrointestinal and general health in cystic fibrosis (CF) patients aged 4-44 years, after six months of supplementation with probiotics.	R, open 6 months	40 in total *L. reuteri*: not stated ($1x10^8$ CFU) VSL#3: not stated ($9x10^{11}$ CFU)	• Significantly improved subjective GI health in children and adults with CF during intake of *L. reuteri* or VSL#3 • No difference in effect between groups
Aiello RA, 2008	To study incidence of diarrhoea and abdominal pain in adults treated with chemotherapy for colon cancer, and safety of *L. reuteri*.	R, open 60 days	*L. reuteri*: 58 ($1x10^8$ CFU) Control: 58	*L. reuteri*: • Significantly reduced incidence and severity of diarrhoea • Was safe to use
Francavilla R, 2008	To evaluate GI symptoms and bacterial load, and eradication rate in *H. pylori*(Hp)-infected dyspeptic adults.	R, DB, PC 28 days followed by 10d Hp eradication therapy.	*L. reuteri*: 20 ($1x10^8$ CFU) Placebo: 20	*L. reuteri* significantly: • Improved overall GI symptoms score • Reduced abdominal distension • Reduced flatus • Reduced defecation disorders
Scaccianoce G, 2008	Evaluate if *L. reuteri* (Lr) or a multi-strain probiotic (MSP) could increase the effect of eradication therapy (ET) of *H. pylori*.	Open, 4 arms: Lr + 7d ET MSP + 7d ET MSP + 14d ET 7d ET (control) 4-6w follow-up.	*L. reuteri*: 17 ($2x10^8$ CFU) Probiotic blend: 32 ($4,2x10^{10}$ CFU) for 7 and 14 days Control: 16	The incidence of eradication GI side-effects was lowest in the *L. reuteri* group (6%) and highest in the 14d eradication + MSP group (33%). The difference between groups did not reach statistical significance.
Niv E, 2005	To evaluate *L. reuteri* for treatment of mixed type IBS in adults.	R, DB, PC 6 months	*L. reuteri*: 27 ($2x10^8$ CFU) Placebo: 27	Strong tendency to effect on: • Reduced gases • Reduced constipation
Ouwehand A, 2002	Treatment of constipation in the elderly in a nursing home.	Open 4 weeks + 3w follow-up.	L. reuteri: 12 ($7.2x10^8$ CFU) Probiotic blend: 10 ($1.2x10^{11}$ CFU) Control: 6	• Improved defecation frequency. Effect retained 3 weeks after *L. reuteri* intake stopped.

Antibiotic-associated diarrhoea

REFERENCE	STUDY OBJECTIVES	STUDY DESIGN*	SUBJECTS AND (DAILY DOSE)	RESULTS
Ojetti V, 2012	Increase the eradication rate of *H. pylori* and reduce side-effects of 7 days of second line eradication treatment in adults	R, open 14 days + 6w follow-up	*L. reuteri*: 45 ($3x10^8$ CFU for 14d) Control: 45	*L. reuteri* significantly reduced the incidence and severity of the treatment side-effects diarrhoea and nausea.
Cimperman L, 2011	Reduction in incidence of antibiotic-associated diarrhoea in hospitalized adults.	R, DB, PC 4 weeks + 2w follow-up.	*L. reuteri*: 13 ($2x10^8$ CFU) Placebo: 10	Significantly reduced incidence of diarrhoea: 7,7% in *L. reuteri* group and 50% in placebo.

* R= randomized, DB= double blind, PC= placebo controlled. A video presentation of this study is available on www.biogaia.com