Immune function

A study was conducted as a randomized, double-blind, placebo-controlled crossover that contained 2 treatment periods consisting of 28 d separated by a 21-d washout period. Volunteers consumed both interventions (probiotic/placebo) and were randomly allocated into group A or B. Group A consumed Bacillus coagulans spores preparation (concentration 30 billion CFU/g), first for 28 d while group B consumed the placebo. The effect on markers of systemic and intestinal inflammation was shown by figure 5.

Figure 5: Percentage changes in concentrations of cytokines in LPS-stimulated peripheral blood mononuclear cells from older volunteers who were administered the probiotic Bacillus coagulans (ATCC 7050) and a placebo for 28 d each. Values are means, n = 36. Different from baseline, P < 0.05

Digestive comfort & health

Study subjects were randomized to either Bacillus coagulans (30 billion CFU/g) or placebo, and were evaluated every two weeks over a four-week period using validated questionnaires and standard biochemical safety testing. Outcome criteria of interest included change from baseline in Gastrointestinal Symptom Rating Scale (GSRS) abdominal pain, abdominal distention, flatus, and the Severity of Dyspepsia Assessment (SODA) bloating and gas subscores over four weeks of product use. Measured against the placebo, subjects in the probiotic group achieved significant improvements in GSRS abdominal pain sub-score and the GSRS total score, with a strong trend for improvement on the GSRS abdominal distension sub-score.

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