

# ATCC SD5221 x LAFT1 2 STRAIN BLEND

Lactobacillus acidophilus ATCC SD5221

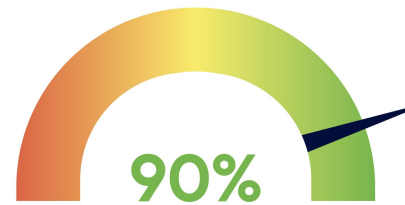
Lactobacillus acidophilus helveticus LAFT1

## Summary

A double-blind, placebo-controlled trial evaluated the effects of this 2-strain probiotic blend in an adult IBS population.<sup>1</sup> Despite being of decent quality, the study was statistically underpowered.

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Evidence Quality Grade



SYMPTOM	IMPROVEMENT ↕	# PARTICIPANTS	STUDIED DOSE
Diarrhea ⓘ	NOT STUDIED	0	N/A
Constipation ⓘ	NOT STUDIED	0	N/A
Bowel Habits ⓘ	NO EFFECT	80	N/A
Global IBS Symptoms ⓘ	WEAK	80	10 billion CFU
Abdominal Pain /... ⓘ	NO EFFECT	80	N/A
Bloating / Distension ⓘ	NO EFFECT	80	N/A
Gas / Flatulence ⓘ	WEAK	80	10 billion CFU
Nausea / Vomiting ⓘ	NOT STUDIED	0	N/A
Mental Health ⓘ	NOT STUDIED	0	N/A

## Dosing

Potentially Effective Doses(s)

10 billion CFU taken as two 5 billion CFU capsules per day, one in the morning and one in the evening 30 minutes before a meal with a full glass of water.

Form

Capsule

Suggested Minimum Trial Duration

8 weeks

## How to find ATCC SD5221 x LAFT1

Search [probioticfinder.org](https://probioticfinder.org) to see which retailers stock this probiotic.

## Notes:

## Summary (continued)

Regardless, the probiotic appeared to be superior to placebo in improving flatulence scores and the composite symptom score categorized under “global IBS symptoms.”

No significant differences were observed between the probiotic and placebo groups for stool frequency, consistency, bloating scores, abdominal pain scores, or the symptom of “rumbling.”

## Key Takeaways

An underpowered but otherwise decent quality study found improvements in flatulence scores and a composite symptom score for this 2-strain probiotic.

While this probiotic may have therapeutic potential for IBS, more well-conducted and sufficiently powered studies are needed to confirm its benefits.

This handout provides educational content on probiotics, derived from clinical studies, for both clinicians and their patients over the age of 18. The information is intended to enrich professional knowledge and practice but does not constitute medical advice, diagnosis, or treatment. Always consult with medical professionals before making any changes to exercise, nutrition, or supplementation regimens.

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## References

1. Sadrin S, Sennoune S, Gout B, et al. A 2-strain mixture of *Lactobacillus acidophilus* in the treatment of irritable bowel syndrome: A placebo-controlled randomized clinical trial. *Dig Liv Dis* 2020;52:534-540. [doi: 10.1016/j.gld.2019.12.009]