

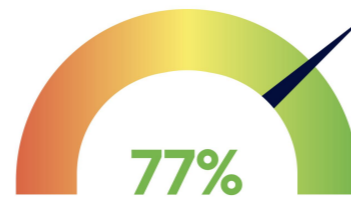
I-3856

Saccharomyces	cerevisiae	I-3856
GENUS	SPECIES	STRAIN

Summary

Saccharomyces cerevisiae I-3856 is one of the most studied probiotics in IBS, having been evaluated in five clinical trials of varying quality. Three studies, with a combined total of 857 (per protocol) participants, found largely negligible benefits compared to placebo.(1)(2)(3) Another smaller study with 92 participants reported the most significant benefits for constipation and diarrhea (measured as changes in stool consistency for IBS-C and IBS-D, respectively) and abdominal pain.(4) **Continues next page...**

Evidence Quality Grade



SYMPTOM	IMPROVEMENT	# PARTICIPANTS	STUDIED DOSE
Diarrhea ⓘ	STRONG	92	4 billion CFU
Constipation ⓘ	WEAK	949	4 billion CFU
Bowel Habits ⓘ	NO EFFECT	179	8 billion CFU
Global IBS Symptoms ⓘ	NO EFFECT	269	8 billion CFU
Abdominal Pain /... ⓘ	WEAK	949	4 billion CFU
Bloating / Distension ⓘ	NO EFFECT	857	8 billion CFU
Gas / Flatulence ⓘ	NO EFFECT	678	8 billion CFU
Nausea / Vomiting ⓘ	NOT STUDIED	0	N/A
Mental Health ⓘ	NOT STUDIED	0	N/A

Dosing

Potentially Effective Doses(s)	4-8 Billion CFU/day, with the most prominent effects reported for the 4 Billion CFU dose
Form	Capsule
Suggested Minimum Trial Duration	8 weeks

How to select a product

Many commercial products contain this strain. But not all are suitable. You need to find one that:

1. has a transparent formula, so we know what is in it and how much
2. only contains active ingredients that are probiotic strains, which have been clinically studied in IBS populations
3. can deliver the studied dose
4. has undergone 3rd party testing for active ingredient and potency, as well as microbiological testing, heavy metals analysis and allergen testing

Search probioticfinder.org to see which products match this criteria.

Notes:

Summary (continued)

Notably, this study was single-blind, with clinicians aware of the interventions received by participants, and had errors and general sloppiness in data reporting. (4)

The fifth study was of very poor quality and had missing or insufficient data for calculating several effect sizes, leading to its disqualification from consideration in the database.(5)

Key Takeaway:

The evidence for the benefits of *S. cerevisiae* I-3856 in IBS populations has been largely neutral compared to placebo, with the most notable benefits observed in a smaller, low-quality single-blind study.

The most consistent finding for this strain has been improvements in abdominal pain scores, though the reported magnitude of benefit has been highly inconsistent across studies.

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.

References

1. Mourey F, Decherf A, Jeanne JF, Clément-Ziza M, Grisoni ML, Machuron F, Legrain-Raspaud S, Bourreille A, Desreumaux P. Saccharomyces cerevisiae I-3856 in irritable bowel syndrome with predominant constipation. *World J Gastroenterol*. 2022 Jun 14;28(22):2509-2522. doi: 10.3748/wjg.v28.i22.2509. PMID: 35979259; PMCID: PMC9258277.
2. Pineton de Chambrun P, Neut C, Chau A, et al. A randomized clinical trial of *Saccharomyces cerevisiae* versus placebo in the irritable bowel syndrome. *Dig Liv Dis* 2015;47(2):119-24. doi: 10.1016/j.dld.2014.11.007.
3. Spiller R, Pelerin F, Cayzeele Decherf A, et al. Randomized double blind placebo-controlled trial of *Saccharomyces cerevisiae* CNCM I-3856 in irritable bowel syndrome: improvement in abdominal pain and bloating in those with predominant constipation. *United Eur Gastroenterol J* 2016;4(3):353-62. doi: 10.1177/2050640615602571
4. Gayathri R, Aruna T, Malar S, et al. Efficacy of *Saccharomyces cerevisiae* CNCM I-3856 as an add-on therapy for irritable bowel syndrome. *Interl J Colorect Dis* 2020;35(1):139-45.
5. Al-helo, Treatment of Irritable Bowel Syndrome with *Saccharomyces Cerevisiae*. *Journal of medical & pharmaceutical sciences* 2019; Vol 3 (3): 35-44. ISSN:2522-333X