

# Probio-tec 4 STRAIN BLEND

Bifidobacterium animalis subsp. lactis BB-12®

Lactobacillus acidophilus LA-5®

Lactobacillus delbrueckii subsp. bulgaricus LBY-27

Streptococcus thermophilus STY-31

## Summary

A randomized placebo-controlled trial conducted in Iranian adults with IBS (n=97 per protocol population) investigated the efficacy of this 4-strain probiotic blend. The blend, consisting of Bifidobacterium animalis subsp. lactis BB-12®, Lactobacillus acidophilus LA-5®, Lactobacillus delbrueckii subsp. bulgaricus LBY-27, and Streptococcus thermophilus STY-31, demonstrated moderate beneficial effects over placebo for symptoms such as... [Continues next page...](#)

SYMPTOM	IMPROVEMENT ↕	# PARTICIPANTS	STUDIED DOSE
Diarrhea ⓘ	NOT STUDIED	0	N/A
Constipation ⓘ	MODERATE	0	N/A
Bowel Habits ⓘ	NOT STUDIED	0	N/A
Global IBS Symptoms ⓘ	MODERATE	0	N/A
Abdominal Pain /... ⓘ	WEAK	0	N/A
Bloating / Distension ⓘ	MODERATE	0	N/A
Gas / Flatulence ⓘ	NOT STUDIED	0	N/A
Nausea / Vomiting ⓘ	NOT STUDIED	0	N/A
Mental Health ⓘ	NOT STUDIED	0	N/A

## Dosing

Potentially Effective Doses(s)	8 billion CFU per day taken in two split doses of 4 billion CFU
Form	1 capsule, twice daily
Suggested Minimum Trial Duration	4 weeks

## How to find this 4 strain blend

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

## Notes:

## Summary (continued)

....incomplete defecation, bloating, and general symptom relief, with a small beneficial effect over placebo observed for abdominal pain. No IBS subtype-specific analysis was conducted.

The dosage regimen described in the study was unclear, but the product purportedly contained 4 billion CFU, which we assumed meant per capsule.

Given that two doses were provided daily, we believe the likely dose administered was 8 billion CFU per day.

## Key Takeaway:

Based on evidence from one randomized placebo-controlled trial, this 4-strain probiotic, when taken at a daily dose of 8 billion CFU split between two doses and administered over a 4-week period, may help improve symptoms of IBS such as constipation, bloating, global IBS symptoms, and abdominal pain compared to placebo.

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. Jafari E, Vahedi H, Merat S, Momtahan S, Riahi A. Therapeutic effects, tolerability and safety of a multi-strain probiotic in Iranian adults with irritable bowel syndrome and bloating. Arch Iran Med 2014 Jul;17(7):466-70. [doi: 0141707/AIM.003]