# Symbioflor-2

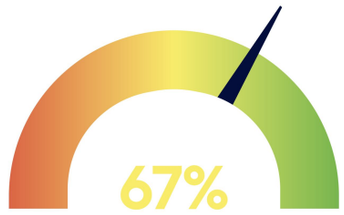
6 STRAIN BLEND PREPARATION

| Escherichia | coli | DSM 17252 |
|---|---|---|
| GENUS | SPECIES | STRAIN |

## Summary

This liquid Escherichia coli probiotic preparation was studied in a randomized, placebo-controlled trial in IBS over an 8-week period.1 Initially conducted in 1989 and re-analyzed in 2009, this clinical trial evaluated a range of symptoms, both IBS-related and non-IBS-related.The study set high responder thresholds, requiring the complete absence of an IBS symptom at one or more visits during the treatment period to be considered a responder. **Continues next page...**

Evidence Quality Grade




| SYMPTOM | IMPROVEMENT | # PARTICIPANTS | STUDIED DOSE |
|---|---|---|---|
| Diarrhea | NOT STUDIED | 0 | N/A |
| Constipation | NOT STUDIED | 0 | N/A |
| Bowel Habits | WEAK | 214 | See dose |
| Global IBS Symptoms | WEAK | 214 | See dose |
| Abdominal Pain /... | WEAK | 214 | See dose |
| Bloating / Distension | WEAK | 214 | See dose |
| Gas / Flatulence | NOT STUDIED | 0 | N/A |
| Nausea / Vomiting | WEAK | 214 | See dose |
| Mental Health | NO EFFECT | 214 | See dose |

## Dosing

| | |
|---|---|
| Potentially Effective Doses(s) | 1.25-33.75 million CFU during the first week, 22.5 million-67.50 million from the second week onward. (i.e., 10 drops for week one, 20 drops onward) |
| Form | Liquid Drops |
| Suggested Minimum Trial Duration | At least 14 days |

## How to find Symbioflor-2

Search **probioticfinder.org** to see which retailers stock this probiotic.

## Notes:

## Summary (continued)

The probiotic group showed significantly more responders compared to placebo for several symptoms, including:

- Stool consistency
- Bloating
- Complete remission of symptoms
- Nausea and vomiting
- Several measures of abdominal pain
- Miscellaneous non-IBS symptoms (e.g., headache, sleep disturbances)

This therapeutic response was apparent from visit 3 onwards which was after around 14 days of supplementation.

The probiotic did not significantly outperform the placebo for symptoms such as depression, belching, heartburn, stool frequency, or nighttime pain.

A major pitfall in this study was the lack of reported baseline symptom severity and the use of binary yes/no questions to assess therapeutic responses.

This approach may have prevented capturing clinically meaningful improvements in participants who did not achieve the responder threshold of complete symptom relief.

Overall, our calculated effect sizes were very small, and we're left with much unknown about the magnitude of the probiotic's benefits due to the assessment methods.

Additionally, a high attrition rate due to incomplete data could have impacted the results. No details about IBS subtypes were provided, though most participants reported "alternating" bowel habits, suggesting a predominant IBS-M population.

## Key Takeaways

One clinical trial has indicated that this E. coli preparation may improve several IBS symptoms. However, aside from measures of complete symptom relief, the extent of symptom improvement remains unknown.

However, it does not seem to significantly impact bowel movement frequency or incomplete evacuation.



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## References

1. Enck P, Zimmermann K, Menke G, Klosterhalfen S. Randomized controlled treatment trial of irritable bowel syndrome with a probiotic E. coli preparation (DSM17252) compared to placebo. Z Gastroenterol 2009; 2009 Feb;47(2):209-14. [doi: 10.1055/s-2008-1027702]