

UABla-12

Bifidobacterium

GENUS

animalis subsp. lactis

SPECIES

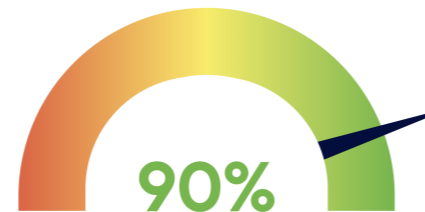
UABla-12-1

STRAIN

Summary

One study assessed the effects of the probiotic Bifidobacterium animalis subsp. lactis UABla-12 on various IBS symptoms and quality of life over a 42-day period. The main areas of focus were bowel habits, abdominal pain, abdominal distention, global IBS symptoms, and overall quality of life (QoL). **Continues next page...**

Evidence Quality Grade



Dosing

| | |
|----------------------------------|--------------------|
| Potentially Effective Doses(s) | 10 billion CFU/day |
| Form | Capsule |
| Suggested Minimum Trial Duration | 6 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:

| SYMPTOM | IMPROVEMENT ↕ | # PARTICIPANTS | STUDIED DOSE |
|-------------------------|---------------|----------------|----------------|
| Diarrhea ⓘ | NOT STUDIED | 0 | N/A |
| Constipation ⓘ | NOT STUDIED | 0 | N/A |
| Bowel Habits ⓘ | WEAK | 211 | 10 billion CFU |
| Global IBS... ⓘ | MODERATE | 211 | 10 billion CFU |
| Abdominal Pain /... ⓘ | WEAK | 211 | 10 billion CFU |
| Bloating / Distension ⓘ | WEAK | 211 | 10 billion CFU |
| Gas / Flatulence ⓘ | NOT STUDIED | 0 | N/A |
| Nausea / Vomiting ⓘ | NOT STUDIED | 0 | N/A |
| Mental Health ⓘ | NOT STUDIED | 0 | N/A |

Key Findings

- **Bowel Habits:** The UABia-12 group saw significant improvements in stool form. Initially, 39.1% of participants reported having abnormal stool forms (types 1, 2, 6, and 7 on the Bristol Stool Scale). By day 42, 75.5% of these participants had transitioned to normal stool forms, with only 20% still experiencing abnormal forms. This change represented a 23.9% relative increase in normal stool forms and a 48.8% reduction in abnormal forms, a statistically significant difference ($p=0.022$; Cohen's $d = 0.43$).
- **Abdominal Pain:** For pain severity, 28.2% of participants in the UABia-12 group were classified as responders, with a >30% reduction in pain by day 42 ($p=0.031$; effect size = 0.43). Additionally, there was a 37.3% reduction in pain severity ($p<0.001$) and a 36.4% reduction in pain duration ($p<0.001$).
- **Abdominal Distention:** The reduction in abdominal distention was significant compared to placebo ($p<0.034$), with an effect size of 0.26.
- **Global IBS Symptoms:** The UABia-12 group had baseline mean IBS-SSS scores of 305.45, which improved by a 104.5-point reduction. This change exceeds the Minimum Clinically Important Difference (MCID) of 50 points for the IBS-SSS tool, indicating a meaningful improvement in symptoms. The improvement was statistically significant compared to placebo by day 42 ($p<0.001$), with an effect size of 0.53, indicating a moderate effect.
- **Quality of Life (QoL):** Despite intragroup improvements in IBS-QoL, no significant differences were observed when compared to placebo. A significant effect on the Perceived Stress Scale (PSS) was noted at day 21 ($p=0.030$), though this effect was not sustained by the end of the study.

Key Takeaways

- The probiotic B. lactis UABia-12 shows promise as a therapeutic option for managing IBS symptoms.
- Beneficial effect sizes were observed for bowel habits, abdominal pain, abdominal distention, and IBS Symptom Severity scores, suggesting a small to moderate clinical benefit.
- These findings indicate that B. lactis UABia-12 may be helpful for IBS symptom management.
- Further research is recommended to confirm these results.

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. Martoni CJ, Srivastava S, Leyer GJ. Lactobacillus acidophilus DDS-1 and Bifidobacterium lactis UAB1a-12 improve abdominal pain severity and symptomology in irritable bowel syndrome: Randomized controlled trial. *Nutrients* 2020;12:363. [doi:10.3390/nu12020363]