

# VSL#3 (De Simone) 8 STRAIN BLEND

Formerly VSL#3 prior to June 2016, now Visbiome

Lactobacillus paracasei DSM 24733/SD5218, Lactobacillus plantarum DSM 24730/SD5209, Lactobacillus acidophilus DSM 24735/SD5212, Lactobacillus delbrueckii subspecies bulgaricus DSM 24734/SD5210

Bifidobacterium longum DSM 24736/SD5219, Bifidobacterium infantis DSM 24737/SD5220, Bifidobacterium breve DSM 24732/SD5206

Streptococcus thermophilus DSM 24731/SD5207

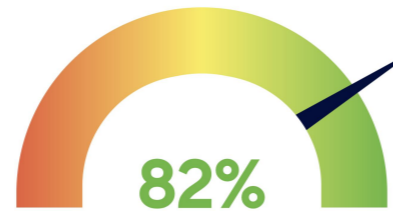
## Summary

De Simone Formulation is an 8-strain probiotic blend, previously known as VSL#3 and sold by VSL Pharmaceuticals before June 2016. It is now exclusively manufactured for ExeGi Pharma and sold under the brand name, Visbiome.

Seven studies have been conducted on this probiotic formulation in IBS populations. (1)(2)(3)(4)(5)(6)(7)

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Evidence Quality Grade



## Dosing

Potentially Effective Doses(s)	<ul style="list-style-type: none"> <li>Children (ages 4-11): 1x 450 billion CFU/day</li> <li>Adolescents and Adults (ages 12 +): 2 x 450 billion CFU day (900 billion CFU/day total)</li> </ul>
Form	Powder/packet/sachet or capsule
Suggested Minimum Trial Duration	6 weeks

## How to find this 8 strain blend

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

## Notes:

SYMPTOM	IMPROVEMENT ↕	# PARTICIPANTS	STUDIED DOSE
Diarrhea ⓘ	NO EFFECT	146	N/A
Constipation ⓘ	NO EFFECT	146	N/A
Bowel Habits ⓘ	NO EFFECT	223	N/A
Global IBS Symptoms ⓘ	STRONG	202	1 or 2 x 450 billion CFU
Abdominal Pain /... ⓘ	STRONG	247	1 or 2 x 450 billion CFU
Bloating / Distension ⓘ	STRONG	247	1 or 2 x 450 billion CFU
Gas / Flatulence ⓘ	WEAK	69	2 x 450 billion CFU
Nausea / Vomiting ⓘ	NOT STUDIED	0	N/A
Mental Health ⓘ	NO EFFECT	95	N/A

## Summary (continued)

One study was excluded from analysis due to confounding dietary interventions during probiotic treatment. (7)

The remaining six placebo-controlled trials, despite variations in design, evidence quality, and IBS subtypes, were all conducted on small IBS populations.

Overall, the studies showed consistent neutral or insignificant effects compared to placebo on bowel habits, constipation, diarrhea, and mental health parameters.

However, potential benefits were observed in symptoms of distention/bloating, gas/flatulence, global IBS symptoms, abdominal pain/discomfort, and quality of life.

## Key Takeaways

This probiotic has shown potential benefits for IBS symptoms related to distention/bloating, flatulence, global IBS symptoms, abdominal pain, discomfort, and quality of life.

It does not appear to significantly impact bowel habits, constipation, diarrhea, or mental health parameters in IBS based on current evidence.

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. Kim HJ, Camilleri M, McKinzie S, et al. A randomized controlled trial of a probiotic, VSL#3, on gut transit and symptoms in diarrhoea-predominant irritable bowel syndrome. *Aliment Pharmacol Ther* 2003;17:895-904.
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3. Guandalini S, Magazzu G, Chiaro A, et al. VSL#3 improves symptoms in children with irritable bowel syndrome: a multicenter, randomized, placebo-controlled, double-blind, crossover study. *J Pediatr Gastroenterol Nutr* 2010;51(1):24-30. doi: 10.1097/MPG.0b013e3181ca4d95.
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5. Wong, R.K., Yang, C., Song, GH. et al. Melatonin Regulation as a Possible Mechanism for Probiotic (VSL#3) in Irritable Bowel Syndrome: A Randomized Double-Blinded Placebo Study. *Dig Dis Sci* 60, 186-194 (2015). <https://doi.org/10.1007/s10620-014-3299-8>
6. Tuteja AK, Talley NJ, Murtaugh MA, Loc-Carrillo CM, Stoddard GJ, Anderson GL. Randomized, Double-Blind Placebo-Controlled Trial to Assess the Effect of Probiotics on Irritable Bowel Syndrome in Veterans With Gulf War Illness. *Fed Pract*. 2022 Oct;39(10):410-417. doi: 10.12788/fp.O322. Epub 2022 Oct 12. PMID: 36744017; PMCID: PMC9896367.
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