BGN4, AD011, AD031, IBS041

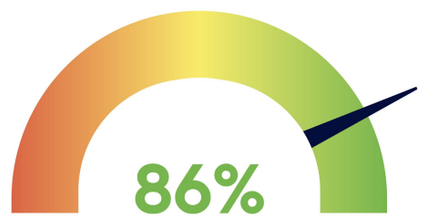
Bifidobacterium bifidum BGN4 | Bifidobacterium lactis AD011 | Lactobacillus acidophilus AD031 | Lactobacillus casei IBS041

4 STRAIN BLEND

Summary

A single randomized, placebo-controlled trial evaluated the effects of a 4-strain probiotic on IBS symptoms. The study found no significant improvements in flatulence, global IBS symptoms, quality of life, or changes in bowel habits such as stool frequency or consistency. However, the probiotic demonstrated moderate beneficial effects in reducing pain, particularly in a subgroup of 58 participants with a Bristol stool form score of 3 or higher. **Continues next page...**

Evidence Quality Grade



Dosing

Potentially Effective Doses(s)	40 Billion CFU (split into twice daily 20 billion CFU doses)
Form	Powder/packet twice daily with water within 10 minutes after a meal
Suggested Minimum Trial Duration	8 weeks

How to find this 4 strain blend

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

SYMPTOM	IMPROVEMENT	# PARTICIPANTS	STUDIED DOSE
Diarrhea	NOT STUDIED	0	N/A
Constipation	NOT STUDIED	0	N/A
Bowel Habits	NO EFFECT	70	N/A
Global IBS Symptoms	MODERATE	70	N/A
Abdominal Pain /...	MODERATE	70	40 billion CFU
Bloating / Distension	NOT STUDIED	0	N/A
Gas / Flatulence	NO EFFECT	70	N/A
Nausea / Vomiting	NOT STUDIED	0	N/A
Mental Health	NOT STUDIED	0	N/A

Notes:

Key Takeaway

The evidence suggests that this 4-strain probiotic blend may be beneficial for reducing pain in IBS subtypes not primarily characterized by constipation.

References

1. Hong KS, Kang HW, Im JP, et al. Effect of probiotics on symptoms in Korean adults with irritable bowel syndrome. Gut Liver 2009; 3: 101–7.