

Bio-Kult

14 STRAIN BLEND

- Lactobacillus acidophilus PXN® 35™, Lactobacillus delbrueckii ssp. bulgaricus PXN® 39™, Lactobacillus casei PXN® 37™, Lactobacillus plantarum PXN® 47™, Lactobacillus rhamnosus PXN® 54™, Lactobacillus helveticus PXN® 45™, Lactobacillus salivarius PXN® 57™
- Bifidobacterium bifidum PXN® 23™, Bifidobacterium breve PXN® 25™, Bifidobacterium infantis PXN® 27™, Bifidobacterium longum PXN® 30™
- Bacillus subtilis PXN® 21®
- Lactococcus lactis ssp. lactis PXN® 63™
- Streptococcus thermophilus PXN® 66™

Summary

Based on the results from one high quality randomized, placebo-controlled trial, this 14-strain probiotic may be helpful for people with IBS-D. (1) In this study, the probiotic was taken at a dose of 8 billion CFU/day (2 capsules, 2x/day, with or before meals) for 16 weeks, and was found to improve symptoms such as abdominal pain, IBS quality of life, and global IBS symptom severity.

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Dosing

Potentially Effective Doses(s)	8 billion CFU/day
Dosing Instructions	2 capsules, twice daily, with or before meals
Form	Capsules
Suggested Minimum Trial Duration	1 month

How to select the right version of Bio-Kult

Since Bio-Kult makes a variety of formulations using their probiotic blend, you want to look for one that:

- only contains active ingredients that are probiotic strains, which have been clinically studied in IBS populations
- can deliver the studied dose

Search probioticfinder.org to see which products match this criteria.

Notes:

SYMPTOM	IMPROVEMENT	# PARTICIPANTS	STUDIED DOSE
Diarrhea ①	MODERATE	360	8 billion CFU
Constipation ①	NOT STUDIED	0	N/A
Bowel Habits ①	MODERATE	360	8 billion CFU
Global IBS Symptoms ①	MODERATE	360	8 billion CFU
Abdominal Pain /... ①	MODERATE	360	8 billion CFU
Bloating / Distension ①	MODERATE	360	8 billion CFU
Gas / Flatulence ①	NOT STUDIED	0	N/A
Nausea / Vomiting ①	NOT STUDIED	0	N/A
Mental Health ①	NOT STUDIED	0	N/A

Summary (continued)

Symptom improvement appeared to begin within the first month of supplementation, extending even to one month after supplementation ended.

If your medical provider gives you the green light to give this one a try, aim for at least a minimum trial duration of 1 month. Just keep in mind that we only have data on this strain in IBS-D, so its effects are unknown in other IBS subtypes.

*Results were assessed in IBS-D only

Key Takeaways

Based on evidence from one high quality clinical trial, this 14 strain probiotic appears to be a reasonable probiotic option for people with IBS-D.

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. Ishaque SM, Khosruzzaman SM, Ahmed DS, Sah MP. A randomized placebo-controlled clinical trial of a multi-strain probiotic formulation (Bio-Kult®) in the management of diarrhea-predominant irritable bowel syndrome. BMC Gastroenterol 2018 May 25;18(1):71. [doi: 10.1186/s12876-018-0788-9]5