

DDS-1

Lactobacillus

acidophilus

DDS-1

GENUS

SPECIES

STRAIN

Summary

In one clinical trial, Lactobacillus acidophilus DDS-1, provided at a dose of 10 billion CFU/day over 42 days, has demonstrated benefits in patients with IBS of unknown subtypes.(1) DDS-1 significantly improved IBS symptom severity for: abdominal pain, abdominal pain duration, abdominal distention, bowel habits, effects on quality of life, and perceived stress. However, DDS-1 did not seem to have a significant impact on stool frequency. **Continues next page...**



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

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:

Summary (continued)

By day 42 of the trial, 84% of participants in the DDS-1 group experienced a normal stool form (bristol stool form of 3-5) compared to only 59% at baseline.

This was accompanied by a decrease in the number of participants experiencing constipation and diarrhea.

Direct comparisons of individual stool forms against the placebo group were not conducted between or within groups.

Therefore, all improvements in stool consistency and form have been classified as improvements in bowel habits.

Still, it's important to recognize the potential of this probiotic for improving symptoms associated with constipation and diarrhea.

Key Takeaways

Lactobacillus acidophilus DDS-1 may be a reasonable probiotic choice for people with IBS who are seeking global symptom reduction, reduction in abdominal pain and distention, and improvements in bowel habits related to stool consistency but not frequency.

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 UABla-12 Improve Abdominal Pain Severity and Symptomology in Irritable Bowel Syndrome: Randomized Controlled Trial. Nutrients. 2020; 12(2):363. <https://doi.org/10.3390/nu12020363>