

B. bifidum MIMBb75

Bifidobacterium

bifidum

MIMBb75

GENUS

SPECIES

STRAIN

Summary

A randomized, placebo-controlled trial investigated the effects of Bifidobacterium bifidum MIMBb75 on individuals with different types of IBS, including IBS-D, IBS-C, and IBS-A. The majority of participants in the MIMBb75 probiotic group (62%) had IBS-A. At a dose of 1 billion CFU/ day over 4 weeks, MIMBb75 appeared to improve symptoms of urgency, global IBS symptoms, distention/bloating, and pain/discomfort, with effect sizes ranging from moderate to strong. **Continues next page...**



SYMPTOM		IMPROVEMENT ↕	# PARTICIPANTS	STUDIED DOSE
Diarrhea	①	MODERATE	122	1 billion CFU
Constipation	①	NOT STUDIED	0	N/A
Bowel Habits	①	NO EFFECT	122	N/A
Global IBS Symptoms	①	STRONG	122	1 billion CFU
Abdominal Pain /...	①	MODERATE	122	1 billion CFU
Bloating / Distension	①	MODERATE	122	1 billion CFU
Gas / Flatulence	①	NOT STUDIED	122	1 billion CFU
Nausea / Vomiting	①	NOT STUDIED	0	N/A
Mental Health	①	NOT STUDIED	0	N/A

Dosing

Potentially Effective Doses(s)	1 billion CFU/day
Form	Uncoated Capsules
Suggested Minimum Trial Duration	4 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)

However, no significant benefits were observed for bowel movement frequency or incomplete evacuation.

While improvements in mental health parameters and quality of life were reported, the clinical relevance was unclear, and insufficient data was provided to calculate effect sizes for these two parameters, leading to their classification as unstudied.

Key Takeaways

Bifidobacterium bifidum MIMBb75, taken at a dose of 1 billion CFU/day for 4 weeks, may help to improve IBS symptoms such as urgency, global IBS symptoms, distention/bloating, and pain/discomfort.

However, it does not seem to significantly impact bowel movement frequency or incomplete evacuation.

References

1. Guglielmetti S, Mora D, Gschwender M, Popp K. Randomised clinical trial: Bifidobacterium bifidum MIMBb75 significantly alleviates irritable bowel syndrome and improves quality of life – a double-blind, placebo-controlled study. Aliment Pharmacol Ther 2011; 33: 1123–32.