

# Symprove

4 STRAIN BLEND

- Lactocaseibacillus rhamnosus NCIMB 30174
- Enterococcus faecium NCIMB 30176
- Lactobacillus acidophilus NCIMB 30175
- Lactiplantibacillus plantarum NCIMB 30173

## Summary

A randomized, placebo-controlled trial explored the impact of this 4-strain probiotic delivered via a liquid barley extract at 1 ml/kg/day over 12 weeks. The study, which was of reasonable quality and included a sufficiently large population, reported beneficial effects on bowel habits, global IBS symptoms, and pain, as measured by the IBS Symptom Severity Score (IBS-SSS). **Continues next page...**



| SYMPTOM                 | IMPROVEMENT | # PARTICIPANTS | STUDIED DOSE |
|-------------------------|-------------|----------------|--------------|
| Diarrhea ⓘ              | NOT STUDIED | 0              | N/A          |
| Constipation ⓘ          | NOT STUDIED | 0              | N/A          |
| Bowel Habits ⓘ          | MODERATE    | 152            | 1 mL/kg      |
| Global IBS Symptoms ⓘ   | WEAK        | 152            | 1 mL/kg      |
| Abdominal Pain /... ⓘ   | WEAK        | 152            | 1 mL/kg      |
| Bloating / Distension ⓘ | NO EFFECT   | 152            | 1 mL/kg      |
| Gas / Flatulence ⓘ      | NOT STUDIED | 0              | N/A          |
| Nausea / Vomiting ⓘ     | NOT STUDIED | 0              | N/A          |
| Mental Health ⓘ         | NOT STUDIED | 0              | N/A          |

## Dosing

|                                  |                                                                                                                    |
|----------------------------------|--------------------------------------------------------------------------------------------------------------------|
| Potentially Effective Doses(s)   | <div><div>• 1 mL/kg per day (200 million CFU per mL)</div><div>• Take each morning on an empty stomach</div></div> |
| Form                             | Liquid barley extract                                                                                              |
| Suggested Minimum Trial Duration | 12 weeks                                                                                                           |

## How to find Symprove

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

## Notes:

## Summary (continued)

However, the effect sizes for these improvements were mostly small to moderate. No significant changes were observed for bloating or IBS-related quality of life.

## Key Takeaways

This 4-strain probiotic blend may offer slight improvements in IBS symptoms related to bowel habits, overall IBS symptoms, and pain, according to evidence from one clinical trial.

However, it does not appear to significantly impact bloating or the quality of life for IBS sufferers.

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. Sisson G, Ayis S, Sherwood RA, Bjarnason I. Randomised clinical trial: A liquid multi-strain probiotic vs. placebo in the irritable bowel syndrome—a 12 week double-blind study. *Aliment Pharmacol Ther* 2014 Jul;40(1):51-62. [doi: 10.1111/apt.12787]