



Consumption of *Lactobacillus reuteri*-containing lozenges improves periodontal health in navy sailors at sea: a randomized controlled trial

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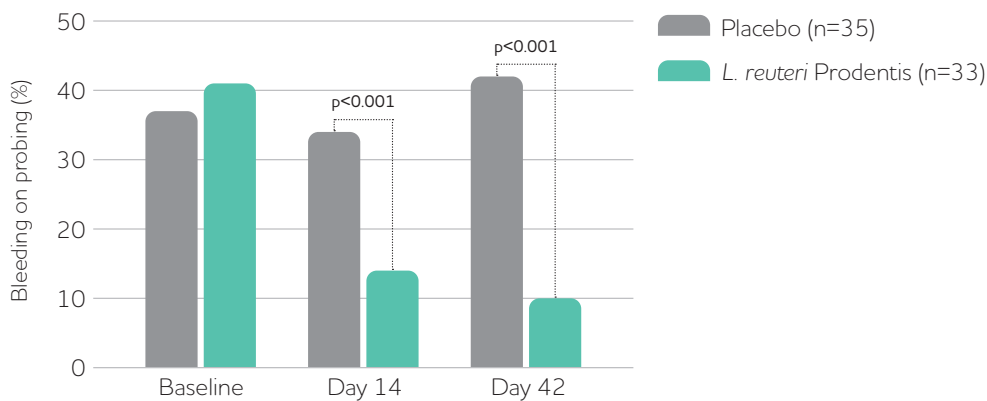
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Demonstrates that *L. reuteri* Prodentis improves periodontal health in adults with limited oral hygiene routines

RESULTS

- *L. reuteri* Prodentis significantly reduced bleeding on probing compared to placebo ($p < 0.001$).
- Secondary outcome parameters, i.e. gingival index, plaque control record, probing pocket depth and probing attachment level, were also significantly reduced by *L. reuteri* Prodentis ($p < 0.001$).

Significant reduction in bleeding on probing with *L. reuteri* Prodentis



CONCLUSION

- Supplementation with *L. reuteri* Prodentis is an effective and easy way to maintain or improve periodontal health in adults with limited oral hygiene routines.

FACTS

- Study design: randomized, double-blind and placebo-controlled
- Subjects: 72 healthy sailors
- Dosage: One lozenge twice daily (4×10^8 CFU/day)
- Duration: 6 weeks
- Primary outcome: bleeding on probing
- Secondary outcomes: gingival index, plaque control record, probing pocket depth and probing attachment level

FURTHER READING

- Schlagenhauf U, Jakob L, Eigenthaler M, Segerer S, Jockel-Schneider Y, Rehn M. (2016) Regular consumption of *Lactobacillus reuteri*-containing lozenges reduces pregnancy gingivitis: an RCT. J Clin Periodontol. 43:948–954. doi: 10.1111/jcpe.12606.
- Sabatini S, Lauritano D, Candotto V, Silvestre FJ, Nardi GM. (2017) Oral probiotics in the management of gingivitis in diabetic patients: a double blinded randomized controlled study. J Biol Regul Homeost Agents. 31(2 Suppl 1):197–202. ccc

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