



STUDY HIGHLIGHTS

Functional Constipation

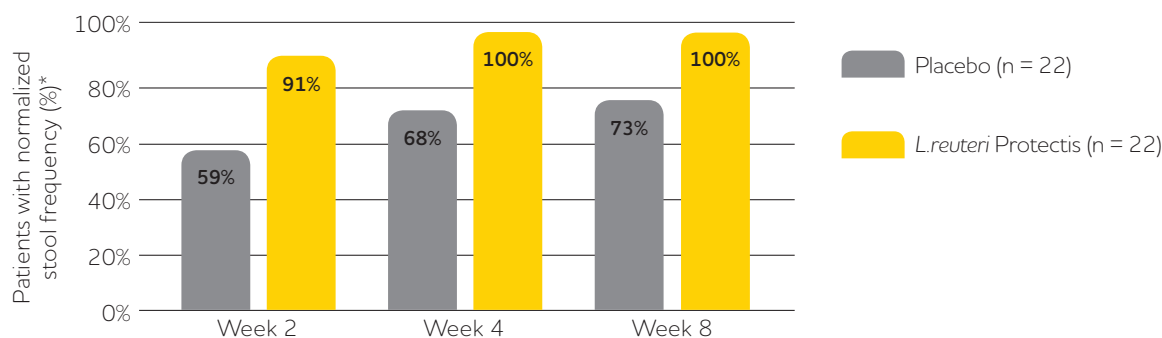
Lactobacillus reuteri DSM 17938 in Infants with Functional Chronic Constipation: A Double-Blind, Randomized, Placebo-Controlled Study

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J Pediatr 2010; 157:589-602

Demonstrates that *L. reuteri* Protectis normalized stool frequency in infants with functional constipation

Results

- 100% normalization of stool frequency in infants with functional constipation
- Significantly higher frequency of bowel movements compared to placebo at week 2 ($p=0.042$), week 4 ($p=0.008$) and week 8 ($p=0.027$)



*Normalized stool was defined as ≥ 3 defecations/week

Conclusion

- *L. reuteri* Protectis had a positive effect on bowel frequency in infants with chronic constipation

Facts

- Study design: double-blind, placebo controlled, randomized study
- Subjects: 44 infants, age >6 months (mean age 8.2 months), with functional chronic constipation (Rome III criteria)
- Dosage: 5 drops daily (10^8 CFU/day)
- Duration: 8 weeks
- Primary endpoints: frequency of bowel movements per week, stool consistency and presence of inconsolable crying

Further reading

- Olgaç MAB, Sezer OB, Özçay F. Comparison of probiotic and lactulose treatments in children with functional constipation and determination of the effects of constipation treatment on quality of life. *Çocuk Sağlığı ve Hastalıkları Dergisi* [Turkish Pediatric Journal] 2013;56: 1-7.
- Ojetti V, Ianiri G, Tortora A, D'Angelo G, Di Rienzo TA, Bibbo S, Migneco A, Gasbarrini A. (2014) Effect of *Lactobacillus reuteri* supplementation in adults with chronic functional constipation: a randomised, double-blind, placebo-controlled trial. *J Gastrointest Liver Dis.* 23(4): 387-391. Free access at: <http://www.jgld.ro/2014/4/9.pdf>

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