STUDY HIGHLIGHTS
Functional Abdominal Pain

Lactobacillus reuteri DSM 17938 is effective in the treatment of functional abdominal pain in children: Results of the double-blind randomized study

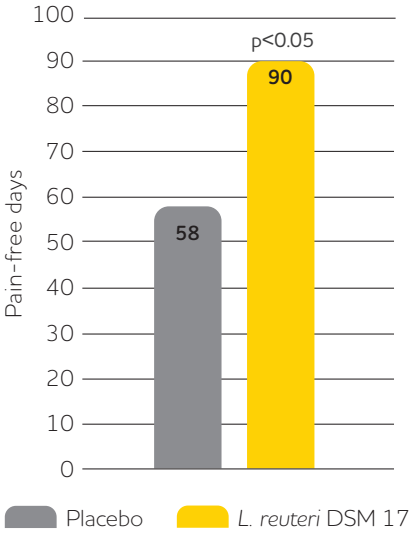
Jadrešin O, Sila S, Trivić I, Mišak Z, Kolaček S, Hojsak I. Clin Nutr. 2020 Apr 21:S0261-5614(20)30190-4. doi: 10.1016/j.clnu.2020.04.019. Online ahead of print.

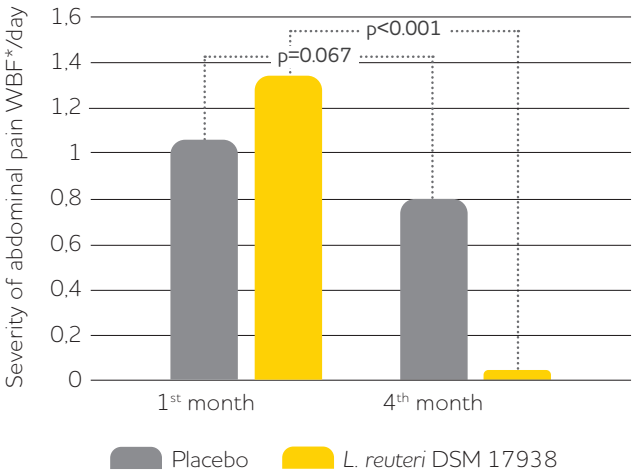
Demonstrates that *L. reuteri* Protectis was effective in treating functional abdominal pain in children

This randomized controlled trial (RCT) was carried out after a previous conducted interim analysis (Jadresin et al 2017) aiming to reach an overall targeted sample size for the effectiveness of L. reuteri DSM 17938 on the symptoms for FAP

Results

- Significantly more pain-free days compared to placebo 90 vs 59.5 (p<0.05)
- Significant reduction of pain intensity between first and fourth month for the children in the *L. reuteri* Protectis group
- The pooled data showed significantly more pain-free days and reduced pain intensity after 2nd, 3rd and 4th month





Conclusion

- Long-term administration (12-weeks) of *L. reuteri* Protectis in children with FAP significantly increased the number of days without pain and reduced the intensity of abdominal pain.

Facts

- Study design: A prospective randomized double-blinded controlled trial (RCT)
- Subjects: 46 infants with colic, 24 received *L. reuteri* DSM 17938 and 22 received placebo.
- Dosage: 5 drops of *L. reuteri* ($1x10^8$ CFU/day) or 5 drops of placebo (oil with maltodextrin)
- Duration: 12 weeks + 4 weeks follow-up
- Primary endpoints: number of days without pain, difference in the duration of the pain in minutes between beginning and the end of the study, difference in the severity of the pain assessed between beginning and the end of the study.
- Secondary endpoints: severity of the pain assessed by VAS scale during the 1st, 2nd, 3rd and 4th month, duration of pain in minutes during first two and last two months, to assess difference in the severity of pain between beginning and end of the study in each group

Further reading

- Jadresin O, Hojsak I, Misak Z, et al. *Lactobacillus reuteri* DSM 17938 in the treatment of Functional Abdominal Pain in Children: RCT Study. J Pediatr Gastroenterol Nutr 2017;64:925-929.

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