



STUDY HIGHLIGHTS

Infection protection

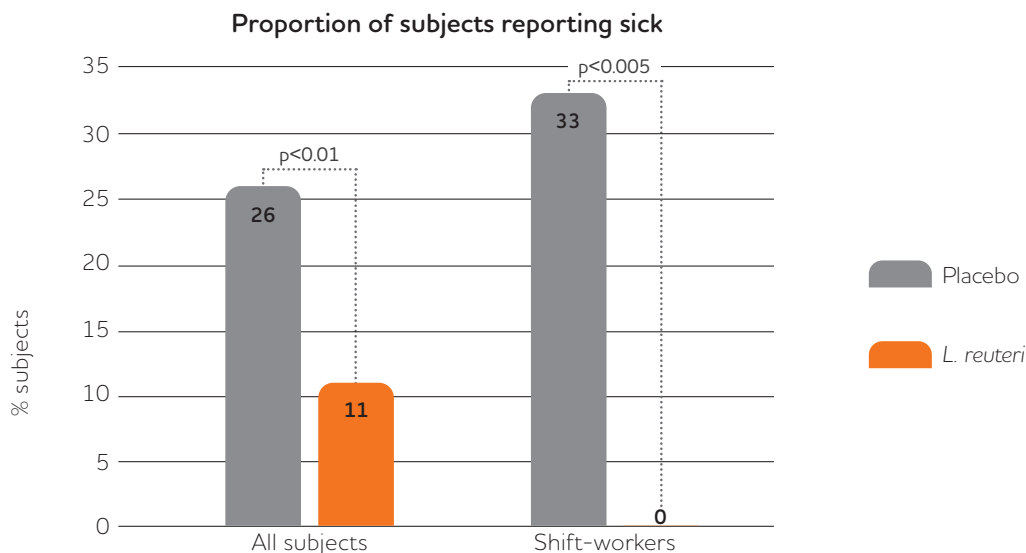
Increasing work-place healthiness with the probiotic *Lactobacillus reuteri*: A randomised, double-blind placebo-controlled study

Tubelius P, Stan V, Zachrisson A. 2005. Environmental Health: A Global Access Science Source 2005, 4:25doi:10.1186/1476-069X-4-25

Demonstrates that *L. reuteri* Protectis reduces the number of sick-days caused by respiratory or gastrointestinal infections

Results

- The number of sick-days was significantly lower in the *L. reuteri* Protectis group compared to the placebo group
- None of the shift-workers in the *L. reuteri* Protectis group reported sick-leave, compared to 33% in the placebo group



Conclusion

- *L. reuteri* Protectis is effective in improving health
- *L. reuteri* Protectis reduced the number of sick-days caused by respiratory or gastrointestinal infections in a work-place setting

Facts

- Study design: Randomized, double blind and placebo-controlled
- Subjects: 181
- Dosage: 1×10^8 CFU per day
- Duration: 80 days
- Endpoint: improvement of health, measured by number of reported sick-days

Further reading

- Weizman Z, Asli G, Alsheikh A: Effect of a probiotic infant formula on infections in child care centers: Comparison of two probiotic agents. *Pediatrics* 2005, 115:5-9
- Gutierrez-Castrellon P, Lopez-Velazquez G, Diaz-Garcia L, Jimenez-Gutierrez C, Mancilla-Ramirez J, Estevez-Jimenez J, Parra M. Diarrhea in preschool children and *Lactobacillus reuteri*: a randomized controlled trial. *Pediatrics*. 2014 Apr;133(4):e904-9. doi: 10.1542/peds.2013-0652. Epub 2014 Mar 17. PMID: 24639271.

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