

## BioGaia's oral health probiotic *L. reuteri* Prodentis reduces bleeding of the gums

A randomised, double-blind, placebo-controlled trial in healthy sailors showed that supplementation of *L. reuteri* Prodentis significantly reduced bleeding of the gums compared to placebo. The study was published online 4 February 2020 in [Journal of Periodontology](#).



“Supplementation with lozenges containing *L. reuteri* is an effective and easy way to maintain or improve periodontal health in healthy individuals with limited oral hygiene routines”, says principal investigator of the study, Professor Ulrich Schlagenhauf, Department of Periodontology at the University Hospital Würzburg in Germany.

72 healthy sailors were randomised to either two lozenges daily ( $4 \times 10^8$  CFU/day) of *L. reuteri* Prodentis (*L. reuteri* ATCC PTA 5289 and *L. reuteri* DSM 17938) or an equivalent placebo for 42 days. The intervention took place when the sailors attended a six-week military practicing mission at sea and was not combined with professional cleaning of the mouth or oral hygiene instructions.

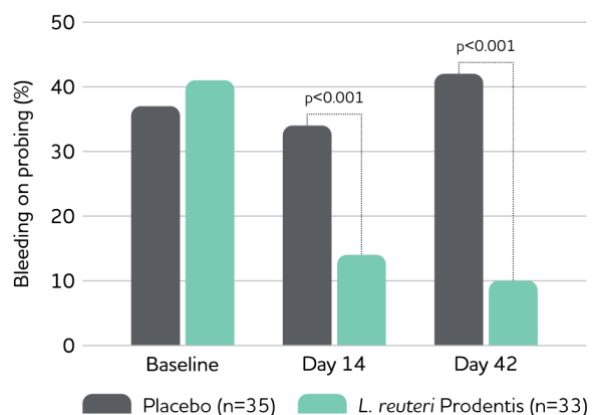
Primary outcome of the study was bleeding of the gums, but also plaque and pocket depth as well as other parameters, were assessed.

### Less bleeding with *L. reuteri* Prodentis

In the probiotic group all assessed parameters were significantly improved compared to baseline and to the placebo group both at day 14 and day 42. In the placebo group, on the other hand, all parameters showed a significant deterioration at the end of the study.

“Based on our study results, we can conclude that supplementation of *L. reuteri*-lozenges offers new therapeutic and preventive options in individuals with gingivitis”, says Professor Schlagenhauf.

“The result of this study is adding to the impressive volume of positive data with *L. reuteri* Prodentis – to date 47 scientific publications – and is also coupled with a growing interest in many markets for launching our oral health probiotic”, says Isabelle Ducellier, President and CEO of BioGaia.



#### For additional information please contact

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