

BioGaia's probiotic reduces inflammation in patients with diverticulitis

A randomized, double-blind, placebo-controlled study with BioGaia's probiotic strain *Limosilactobacillus reuteri* ATCC PTA 4659 was shown to reduce inflammation significantly more than placebo in patients with acute uncomplicated diverticulitis. Moreover, as hospitalization time was shorter in the probiotic group, the probiotic supplementation also had economic benefits.

The study included 119 patients, 49 males and 70 females, diagnosed with acute uncomplicated diverticulitis. Mean age was 65 years. All patients were given fluids and bowel rest for 48 hours. Half of the group were additionally supplemented by *Limosilactobacillus reuteri* ATCC PTA 4659 for 10 days, while the other half were given a placebo.

“Our study shows that supplementation with *Limosilactobacillus reuteri* ATCC PTA 4659 twice a day for 10 days during the acute phase of uncomplicated diverticulitis results in reduced inflammation, as well as shorter hospital stay. As recent guidelines suggest a more restrictive use of antibiotics for this group of patients, supplementation with this probiotic could be a good treatment option”, says Principal Investigator Veronica Ojetti, Associate Professor at the Catholic University of the Sacred Heart in Rome, Italy.

The anti-inflammatory strain *Limosilactobacillus reuteri* ATCC PTA 4659

BioGaia's probiotic strain *Limosilactobacillus reuteri* ATCC PTA 4659 has in experimental models shown strong anti-inflammatory properties, indicating potential positive effects in inflammatory conditions of the intestine. The now published study is the first randomized, double-blind, placebo-controlled study using this anti-inflammatory strain for acute uncomplicated diverticulitis without any antibiotic therapy.

What is diverticulitis?

It is common, especially after the age of 40, to have small, bulging pouches in the lining of the digestive tract. The condition known as diverticulitis occurs when one or more of these pouches become inflamed or infected, something that can cause severe abdominal pain, but also fever, nausea, and changes in bowel habits.

“BioGaia is constantly working on the identification and characterization of new probiotic strains by actively interacting with a solid and excellent international network of scientists and doctors. This study is a great example of such a collaboration”, says BioGaia's Chief Scientific Officer Gianfranco Grompone.

“We are very happy about the result of this new clinical study for several reasons. Firstly, it exemplifies the fantastic collaboration BioGaia is having with great researchers such as Veronica Ojetti. Secondly, it is perfectly in line with our constant R&D focus to find new efficient strains and indications”, says BioGaia's CEO Isabelle Ducellier.

The study was published online 17 January 2022 in [European Journal of Gastroenterology & Hepatology](#). Study facts are [found here](#).



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