

Meta-analysis:

## ***Lactobacillus reuteri* Protectis only probiotic effective in treating colic**

**According to a recently published review and meta-analysis on prevention and treatment of colic, BioGaia's probiotic strain *L. reuteri* Protectis is the only probiotic shown to significantly reduce crying time in breast-fed infants diagnosed with colic.**

Only 12 of initially 1180 identified trials were selected for the review study. Five of these had investigated the treatment of colic and the other seven were preventive studies. Of the five treatment studies, only three had significant effects, the ones with *Lactobacillus reuteri* Protectis<sup>1</sup>.

These three studies were also the only studies homogeneous enough to be included in the meta-analysis where the outcome was highly significant in favour of using *Lactobacillus reuteri* Protectis to treat colic. The authors find *Lactobacillus reuteri* Protectis to be effective in treating colic, and they also conclude that this effect is limited to breast-fed infants treated with this specific probiotic strain. Based on the available data in the analysis, the effects cannot be generalised to other probiotics, formula-fed infants or the prevention of colic.

The study was published online 7 October 2013 in the journal [JAMA Pediatrics](#).

"It is again confirmed that the effects of lactobacilli are strain specific and that our Protectis strain is highly effective in helping children suffering from colic", says Peter Rothschild, President, BioGaia.

### **For additional information please contact**

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<sup>1</sup> Savino 2007, Savino 2010, Szajewska 2012

BioGaia is a healthcare company that develops, markets and sells probiotic products with documented health benefits. The products are primarily based on the lactic acid bacterium *Lactobacillus reuteri* which has probiotic, health-enhancing effects. The class B share of the Parent Company BioGaia AB is quoted on the Mid Cap list of the NASDAQ OMX Nordic Exchange Stockholm. [www.biogaia.com](http://www.biogaia.com)