

## ***Lactobacillus reuteri* reduced bone loss in older women**

**A randomized, double-blind, placebo-controlled study in 90 older women showed that supplementation of the probiotic strain *Lactobacillus reuteri* ATCC PTA 6475 decreased bone loss compared to placebo.**

*Lactobacillus reuteri* ATCC PTA 6475 is a naturally occurring bacteria in the gastrointestinal tract of humans and has been shown to have beneficial effects on bone in animals. In a randomized controlled trial conducted at the University of Gothenburg, 75 to 80-year-old women with low bone density received supplementation of *Lactobacillus reuteri* ATCC PTA 6475 or placebo for one year. In the group supplemented by *Lactobacillus reuteri* the loss in bone density was halved compared to placebo. Detailed results will be published in a scientific journal.



“This trial provides the first evidence that age-dependent bone loss can be reduced with probiotic supplementation, which could emerge as a novel approach to prevent osteoporosis” says Professor Mattias Lorentzon at the University of Gothenburg and Sahlgrenska University Hospital, Mölndal, Sweden.

“Up to 50 percent of older women are affected by fractures. The fact that *Lactobacillus reuteri* ATCC PTA 6475 was shown to reduce bone loss in this group is therefore very promising. We hope that further studies will confirm the results, so that this new way of maintaining good bone health in old age can be of use”, says Axel Sjöblad, Managing Director, BioGaia.

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

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*BioGaia is an innovative Swedish healthcare company that develops, markets and sells probiotic products with documented health benefits. The products are sold through local distribution partners in around 90 countries worldwide. The class B share of the Parent Company BioGaia AB is quoted on the Mid Cap segment of Nasdaq Stockholm.*

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