

## Two new meta-analyses confirm effectiveness of BioGaia's probiotic in infant colic

Recently two new meta-analyses have been published investigating the effects of *L. reuteri* Protectis in colicky infants. Including these two, to date a total of nine systematic reviews have proven the effect of *L. reuteri* Protectis in infants with colic.

### Different methods, same result

The first meta-analysis combined raw data from four double-blind trials into an Individual Participant Data Meta-Analysis (IPDMA). This yields more reliable estimates of treatment effect compared to traditional meta-analyses based on published group means. All studies were conducted with *L. reuteri* Protectis and included a total of 345 infants with colic.

The paper concluded that *L. reuteri* Protectis is effective and can be recommended for breastfed infants with colic. However, data are lacking for efficacy in formula-fed infants.

The other meta-analysis was conducted to help doctors to an evidence-based advice to parents on best possible treatment for infant colic. In this systematic review 32 well-controlled trials were evaluated with a Network Meta-Analysis (NMA) method. Eight different treatments (probiotic - *L. reuteri* Protectis, specialized infant formulas, drugs, herbs, acupuncture, massage, manipulation, reassurance/education) were analyzed against control group treatment and against each other, respectively.

In this meta-analysis *L. reuteri* Protectis was shown as the treatment with best evidence, with specialized infant formulas as number two.

"Based on our systematic review of the good quality evidence and in the Networking Meta-Analysis, we support the use of *L. reuteri* DSM 17938 as the most evidence-based significant intervention to reduce the duration of crying time in infant colic", says Pedro Gutiérrez-Castrellón MD, MSc, DSc, Center for Translational Research on Mother-Child Health & Center for Research on Microbiota, Pre/Probiotics, Hospital General Dr Manuel Gea González, Ministry of Health, Mexico.

### Solid proof for *L. reuteri* Protectis in colic

With six positive randomized, double-blind and placebo-controlled clinical trials and nine meta-analyses, which is considered the highest level of evidence of a health effect, the proof of *L. reuteri* Protectis in infant colic is solid. Further, *L. reuteri* Protectis is the only probiotic with proven efficacy in colic.

"These new meta-analyses once again confirm our position as the number one treatment for infants with colic. Health care professionals around the world can be totally reassured that they are suggesting an effective and safe treatment when recommending BioGaia Protectis drops to their patients", says Axel Sjöblad, Managing Director, BioGaia.

*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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## Publication data

- [Pediatrics](#) 1 January 2018. Principal investigator: Dr Valerie Sung, Murdoch Children's Research Institute, The Royal Children's Hospital, and the University of Melbourne, Melbourne, Australia.
- [Medicine](#) 30 November 2017. Principal investigator: Pedro Gutiérrez-Castrellón MD, MSc, DSc, Center for Translational Research on Mother-Child Health & Center for Research on Microbiota, Pre/Probiotics, Hospital General Dr Manuel Gea González, Ministry of Health, Mexico

## Publication charts

Attached, charts showing main results of each of the two meta-analysis. Treatment success in *L. reuteri* Protectis versus placebo in breastfed infants (Figure 1) and Best treatment analysis with sucra values (Figure 2).

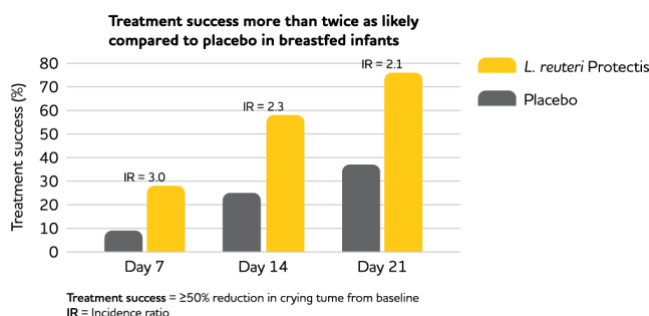


Figure 1

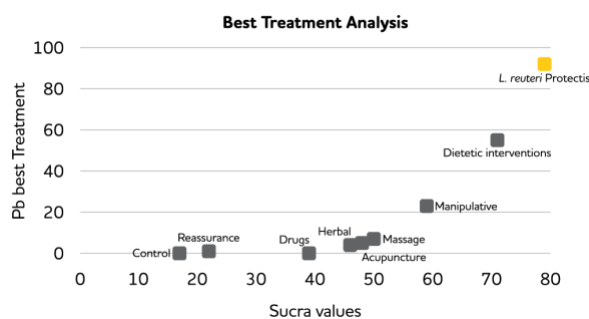


Figure 2

## For more information

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## Latest press releases from BioGaia

- 2017-11-17 *Lactobacillus reuteri* reduced bone loss in older women
- 2017-11-07 BioGaia's probiotic shown to promote growth and prevent recurrent diarrhea
- 2017-10-25 BioGaia AB – Interim management statement 1 January – 30 September 2017

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