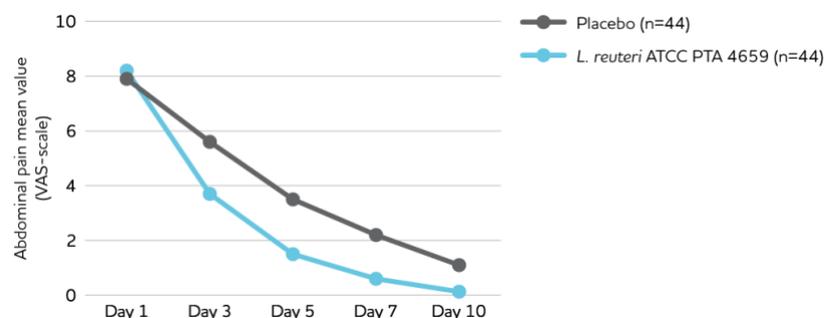


BioGaia's probiotic decreases pain in patients with diverticulitis

A randomized, double-blind, placebo-controlled study with BioGaia's probiotic strain *Lactobacillus reuteri* ATCC PTA 4659 was shown to reduce abdominal pain 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 88 patients, 34 males and 54 females, diagnosed with acute uncomplicated diverticulitis. Mean age was 62 years. All patients were given standard antibiotic therapy for one week. Half of the group were additionally supplemented by *Lactobacillus reuteri* 4659 for 10 days, while the other half were given a placebo.

The results showed that supplementation of *Lactobacillus reuteri* 4659 significantly reduced abdominal pain and inflammation compared to placebo. Moreover, mean hospital stay in the probiotic group was 3.8 days compared to 4.8 days in the placebo group, a significant difference in time which results in economic benefits.



“Our study shows that supplementation with *Lactobacillus reuteri* 4659 twice a day for 10 days during the acute phase of uncomplicated diverticulitis results in reduction of both pain and inflammation, as well as shorter hospital stay. Based on these findings we suggest that patients with acute uncomplicated diverticulitis should be supplemented with this strain as a complement to standard antibiotic treatment,” says Principal Investigator Veronica Ojetti, Associate Professor at the Catholic University of the Sacred Heart in Rome, Italy.

The anti-inflammatory strain *Lactobacillus reuteri* 4659

BioGaia's probiotic strain *Lactobacillus reuteri* ATCC PTA 4659 has in experimental models been shown to have strong anti-inflammatory properties, indicating potential positive effects in inflammatory conditions of the intestines. The now published study is the first randomized, double-blind, placebo-controlled study using an anti-inflammatory probiotic as an adjuvant in standard antibiotic therapy for acute uncomplicated diverticulitis.

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.

The study was published online 22 April 2019 in [International Journal of Colorectal Disease](#). Study facts are found [here](#).

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 100 countries worldwide. The class B share of the Parent Company BioGaia AB is quoted on the Mid Cap segment of Nasdaq Stockholm. bioGaia.com



For additional information please contact

Isabelle Ducellier, President and CEO of BioGaia, telephone: +46 8 555 293 00

Latest press releases from BioGaia

05-03-2019 BioGaia launches BioGaia Osfortis – a new product for the prevention of osteoporosis
04-05-2019 Notice to attend the General Annual Meeting of BioGaia AB
03-25-2019 BioGaia published annual report for 2018

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 100 countries worldwide. The class B share of the Parent Company BioGaia AB is quoted on the Mid Cap segment of Nasdaq Stockholm. bioGaia.com

