

## ***L. reuteri* Protectis reduces pain in children with functional abdominal pain**

**In a newly published systematic review and meta-analysis *L.reuteri* Protectis (DSM 17938) was the only probiotic showing reduced pain intensity as well as an increased number of pain free days compared to placebo, in children with functional abdominal pain (FAP).**

Even if functional abdominal pain is a common gastrointestinal disorder, there are still no adequate treatment options available. The aim of the systematic review and meta-analysis was therefore to evaluate strain-specific probiotic effects on functional abdominal pain in children.

The meta-analysis included nine studies, of which six were conducted with *L. reuteri* DSM 17938 and three with *L. rhamnosus* GG (LGG). The primary outcome, number of children with no symptoms at end of intervention, was however not reached.



“As the primary outcome was not reached, no firm conclusions can be drawn from our meta-analysis. Still, we can conclude that *L. reuteri* DSM 17938 can be effective in reducing pain intensity and increasing number of days without pain in children suffering from functional abdominal pain,” says the principal investigator of the study, Assist. Professor Iva Hojsak at the Children's Hospital Zagreb in Croatia.

The meta-analysis found no significant benefit of supplementation of LGG compared to placebo in children with functional abdominal pain.

“The result from this meta-analysis shows the potential of *L. reuteri* DSM 17938 in the management of children suffering from functional abdominal pain. It is of value for both patients and healthcare professionals that these positive effects have now been confirmed in a well-performed systematic review and meta-analysis,” says Isabelle Ducellier, CEO of BioGaia.

The systematic review and meta-analysis was published online 17 September 2020 in [European Journal of Pediatrics](#). Study details are found [here](#).

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