

Combination of *L. reuteri* strains reduces symptoms in children with sore throat

A randomised, double-blind, placebo-controlled study in children showed that a supplement of the probiotic strains *L. reuteri* ATCC PTA 5289 and *L. reuteri* DSM 17938 significantly reduced days of fever and severity of pain in children with upper respiratory tract infections.

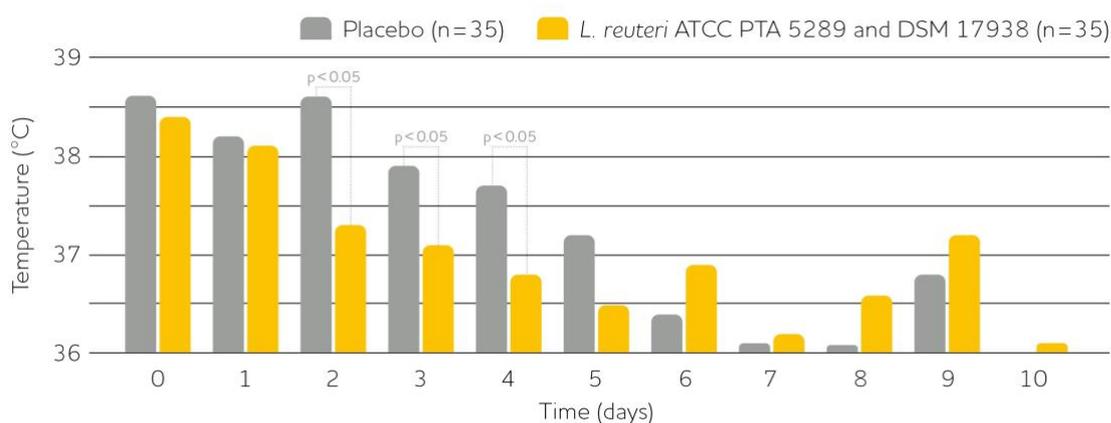
“Due to its anti-inflammatory effects, this combination of strains reduces both duration of fever and intensity of sore throat,” says Pedro Gutiérrez-Castrellón, MD, MSc, DSc, Centre for Translational Research on Mother and Child Health, Hospital General Dr. Manuel Gea González, Mexico City, Mexico.

70 children between 6 months and 5 years with pharyngitis or tonsillitis were randomised to a probiotic supplement containing *L. reuteri* ATCC PTA 5289 and *L. reuteri* DSM 17938 or placebo, 5 drops twice a day for 10 days. The dose of the probiotic supplement was 4×10^8 CFU/day.

No fever from day two and less pain

The results showed that the children in the probiotic group had a significant reduction of fever, from day two and onwards, as well as a significant reduction of severity of sore throat.

“The importance of this study lies not only in the clinical impact observed but also in the reduction of related costs, which undoubtedly adds a significant value from a public health point of view, considering the frequency of acute respiratory infections observed in young children and the impact on their quality of life,” says Pedro Gutiérrez-Castrellón.



“Upper respiratory tract infections are very common and a global public health problem. The positive results of this study should therefore be valuable for many parents and paediatricians – and for the numerous children in pain,” says Isabelle Ducellier, CEO of BioGaia.

The study was published online 1 April 2021 in [Beneficial Microbes](#). Study facts are [found here](#).

BioGaia is a Swedish world-leading probiotic company that has been at the forefront of microbiome research for more than 30 years. BioGaia develops, markets and sells probiotic products with documented health benefits. To date, over 200 articles on clinical trials with BioGaia's probiotic strains have been published. The products are sold by nutrition and pharmaceutical companies in more than 100 countries. The class B share of the Parent Company BioGaia AB is quoted on the Mid Cap segment of Nasdaq Stockholm. biogaia.com

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