

GI Benefit	Article	Authors	Journal	Function	Strains Included	Daily dose	Study Population and # of Subjects	Study design	Results	Notes
Lactose Intolerance	Effect of Milks Inoculated with Lactobacillus acidophilus or a Yogurt Starter Culture in Lactose= Maldigesting Children	Montes et al. 1995	195 Journey of Dairy Science 78: 1677-1664	Improvement of lactose intolerance symptoms	Lactobacillus acidophilus v Lactobacillus lactis and Streptococcus thermophilus	10e10cfu	Lactose malabsorbers 20 Children	3 Stage intervention Single-blind placebo controlled	Reduction in symptoms compared to milk	Subjects experienced a reduction in lactose intolerance symptoms.
Small Bowel Bacterial Overgrowth (SBBO)	Effects of Oral Administration of Freeze-Dried Lactobacillus Acidophilus on Small Bowel Bacterial Overgrowth in Patients with End Stage Kidney Disease: Reducing Uremic Toxic and Improving Nutrition	Dunn et al 1998	International Dairy Journal 1998, 545-553	Improvement of symptoms of SBBO	Lactobacillus acidophilus	10e10-10e11 cfu	19 SBBO patients	3 stage intervention	Reduced levels of dimethylamine and nitrosodimethylamine	SBBO= Small Bowel Bacterial Overgrowth, occurs when kidneys fail. Toxic compounds accumulate. Probiotics were successful at reducing toxins.
SBBO	Biomodulation of the Toxic and Nutritional Effects of Small Bowel Bacterial Overgrowth in End-stage Kidney Disease using Freeze-Dried Lactobacillus Acidophilus	Siemenhoff et al. 1996	Mineral Electrolyte Meabolism, 1996	Improvement of symptoms of SBBO	Lactobacillus acidophilus	2x10e9 cfu	8 Hemodialysis patients	3 stage intervention	Reduced levels of dimethylamine and nitrosodimethylamine	Similar to above study, probiotics reduced in vivo generation of toxins and carcinogens and promoted nutrition with no adverse side effects.
Diarrhea Reduction	Feeding of a Probiotic for the Prevention of Community-Acquired Diarrhea in Young Mexican Children	Ruiz-Palacio et.a. 1996 (abstract)	1996 Abstracts, The American Pediatric Society and The Society for Pediatric Research	Reduction of incidence of diarrhea	Lactobacillus spp. and Lactobacillus reuteri	Combination of L. acidophilus NCFM, B. lactis & L. reuteri (no data on dose)	243 children aged 12-36 months	Double blind placebo controlled 14 weeks	Reduction in the incidence and episodic frequency of diarrhea	A higher proportion of children fed probiotic were free of diarrhea than for those in the control group. Diarrhea incidence was significantly lower in the probiotic group. No significant differences were found between groups in diarrhea severity. Consumption of a beverage containing actobacillus spp and L. reuteri can reduce the risk of diarrhea in young children.
Diarrhea Reduction	Probiotics, Soluble Fiber, and L-Glutamine Reduce Neflinavir or Lopinavir/Ritonavir-related Diarrhea	Heiser et al 2004	Journal of International Association of Physicians in AIDS care (JIAPAC), Vol. 3, No. 4, 121-129 (2004)	Reduction of incidence of diarrhea	Combination of L. acidophilus NCFM, B. lactis & soluble fiber	No data on dose control group on standard care	HIV positive subjects with diarrhea	12 weeks prospective study	Significant reduction in the number of stool and loperamide use in probiotic group	
Antibiotics	Analysis of Treatment Effects on the Microbial Ecology of the Human Intestine	Engelbrektsen et al 2006	Microbial Ecology, 57 (2006) 2139-250	Stabilization of intestinal microbiota during antibiotic treatment	Lactobacillus rhamnosus strain 271, Lactobacillus acidophilus NCFM, Lactobacillus paracasei ssp. Paracasei strain DN114001, and Bifidobacterium sp strain DN BIO 173010	Blend of 5 strains including L. acidophilus NCFM 4x10e10 cfu in total	40 healthy subjects	Placebo controlled	Reduction of antibiotic induced disturbanc of the total microbiota population and maintaining bifidobacteria at significantly higher levels compared to placebo group	

Immunity Benefit	Article	Authors	Publication	Function	Strains Included	Daily dose	Study Population and # of Subjects	Study design	Results	Notes
Respiratory	Probiotic Effects on Cold and Influenza-Like Symptom Incidence and Duration in Children	Ouwehand et al 2008	Journal of the American Academy of Pediatrics, 2009, 124; e172-e179	Reduction of respiratory tract infections and symptoms	Lactobacillus acidophilus NCFM and Bifidobacterium lactis Bi-07	10e10 cfu 3 groups: L. acidophilus NCFM, L. acidophilus plus B. lactis Bi-07, and placebo	Healthy children 3-5 years old 248 subjects	Double blind, randomized placebo controlled	Reduction of incidence and duration of common cold flu symptoms in both probiotic groups Effects more pronounced in the combination group	Reduced episodes of fever, rhinorrhea, and cough, the cumulative duration of those symptoms, the incidence of antibiotic prescriptions, and the number of missed school days. L. acidophilus NCFM alone was effective. However, a trend for a broader protective effect with combo therapy (acidophilus and bifidus).
Immunoglobulins	Effects of Seven Potential Probiotic Strains on specific Immune Responses in Healthy Adults: A Double-Blind, Randomized, controlled Trial	Paineau et al 2008	FEMS Immunology & Medical Microbiology: 53, (2008) 107-113	Stimulation of immunoglobulins	Bifidobacterium lactis Bi-04, and Lactobacillus acidophilus La-14	2x10e10 cfu D0-D21	Healthy subjects 18-62 years old 83 (8 groups)	Double blind, randomized placebo controlled	Supplementation with L. acidophilus NCFM tended to increase the specific serum IgA for the period D21-D28 (P=0.09) compared to the control group	Significant changes in immunoglobulin serum concentrations compared with controls (for 6 of the 7 probiotic strains).
Intestinal and immune health	Influence of a Combination of Lactobacillus Acidophilus NCFM and Lactitol on Healthy Elderly: Intestinal and Immune Parameters	Ouwehand et al 2008	British Journal of Nutrition; July 2008	Influence of a combination of L. acidophilus NCFM and lactitol on intestinal and immune parameters	L. acidophilus NCFM	2x10e9 cfu & 10g lactitol	Elderly >65 years old Regular use of NSAID 51 subjects	Double blind, placebo controlled 3 stae parallel intervention	Modest improvement in stool frequency without any side effects. Increased faecal numbers of L. acidophilu NCFM, bifidobacteria and faecal concentrations of spermidien and prostaglandin E2	