observational retrospective study over a period of 3 years, with longitudinal comparison of the
CD4 count within participants (n=68) before and during probiotic yogurt consumption, and
compared with a control group of participants not consuming the yogurt (n=82). RESULTS:
Among the yogurt consumers before use and the nonconsumers, an average increase in CD4
count was seen of 0.13 cells/µL/day (95% CI; 0.07-0.20, P=<0.001). After commencing
consumption, yogurt consumers experienced an additional increase of 0.28 cells/µL/day (95% CI;
0.10-0.46, P=0.003). When adjusting for length of time using antiretroviral medication,
the additional increase explained by yogurt consumption remained 0.17 cells/µL/day (95% CI;
0.01-0.34, P=0.04). Treatment with antiretroviral medication was associated with an increase
of 0.27 cells/µL/day (95% CI; 0.17-0.38, P=<0.001). CONCLUSION: The introduction of
probiotic yogurt, made by local women in a low-income community in Tanzania, was
significantly associated with an increase in CD4 count among consumers living with HIV.

Research field: Immune Health
Study type: In-vitro study and Human study
Probiotic strain: L. rhamnosus GR-1 and B. adolescentis
Dosage CFU/day: Unknown
Product formulation: Fermented milk
Reference number: 2052

Koyama, et al. Development and pilot evaluation of a novel probiotic mixture for the

Abstract: Microbial exposure may direct the immune system away from allergic-type
responses, but until now probiotic interventions have had limited success in the prevention
and treatment of allergic diseases. In this study, a novel probiotic mixture was specifically
created based on preliminary in vitro investigations on pollen-induced immune responses. A
mixture with Lactobacillus rhamnosus GR-1 and a novel fecal Bifidobacterium adolescentis
isolate was formulated into a yogurt and tested for its effects in 36 subjects with allergic
rhinitis over 2 pollen seasons in a double-blind, placebo-controlled trial. The new formulation
was well tolerated, but did not have significant effects on the quality of life scores, use of
antihistamines, or eosinophil cationic protein concentration in nasal lavage. However, at the
end of the grass pollen season, serum IL-10 and IL-12 levels were increased in the probiotic
group compared to the controls. During the ragweed season, the serum TGF-β levels
were significantly higher in the probiotic group than in the controls. In conclusion, the novel
probiotic formulation had potentially desirable effects on the cytokine profile of patients with
allergic rhinitis, but provided few clinical benefits. The study highlights the challenges in
designing efficient immunomodulatory probiotic therapies based upon in vitro findings.

Research field: Women's Health
Study type: Human study
Probiotic strain: L. rhamnosus GR-1 and L. reuteri RC-14
Dosage CFU/day: 2 billion
Product formulation: Capsule
Reference number: 2071


Abstract: NA

Research field: Women's Health
Study type: Human study
Probiotic strain: L. rhamnosus GR-1 and L. reuteri RC-14
Dosage CFU/day: > 1 billion