Study 3

_Lactobacillus plantarum_ 299v is marketed in Canada as TuZen®

EVALUATION OF _Lactobacillus Plantarum_ Lp299v. EFFICACY IN IBSS: RESULTS OF A RANDOMIZED PLACEBO-CONTROLLED TRIAL IN 200 PATIENTS.

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This 4 week study of 200 IBS patients was to assess the symptomatic efficacy of _Lactobacillus plantarum_ Lp299v using very stringent criteria using one 10,000 cfu capsule per day. The following symptoms were monitored: Frequency and intensity of abdominal pain, bloating, feeling of incomplete rectal evacuation and the number of stools.

1. A significant reduction in abdominal pain.

2. A significant reduction in bloating.
A 4 week treatment with *Lactobacillus plantarum* Lp299v has been shown to be effective for the relief of symptoms, particularly abdominal pain and bloating, in 200 IBS patients fulfilling the ROME III criteria.