Study 1

*Lactobacillus plantarum* 299v is marketed in Canada as TuZen®

ALTERATION OF INTESTINAL MICROFLORA IS ASSOCIATED WITH REDUCTION IN ABDOMINAL BLOATING AND PAIN IN PATIENTS WITH IRRITABLE BOWEL SYNDROME

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This study of IBS patients taking TuZen showed the following:

Dosage: 20 billion bacteria/day (2 capsules) for 4 weeks

1. A significant decreased pain level by weeks 5 and 6 which continued for 12 months.

2. 44% of patients showed decreased flatulence over the 4 weeks of the study.
3. Normalized bowel movements (i.e. diarrhea predominant patient stools became better formed, constipated predominant patient stools were softer). This improvement was maintained for up to 12 months.

![Figure 3. Defecation function reported once a week on a VAS (evaluated from 0 to 10 [perfect function - worst possible function]). The mean degree of symptoms is reported ± SEM. Statistically significant changes are noted as \*p < 0.05, \**p < 0.01, and \***p < 0.001. Comparison with weeks 1 and 2; comparison with weeks 1 + 2/2; comparison with week 1; comparison with week 2. No difference was seen between the test group and the placebo group during weeks 1+2/2 using the Mann Whitney U test and Student’s t test. ■ - treatment arm (n=25); □ - placebo arm (n=27).](image)

This improvement was maintained for up to 12 months.