Study 3

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

EVALUATION OF *LACTOBACILLUS PLANTARUM* Lp299v. EFFICACY IN IBS: RESULTS OF A RANDOMIZED PLACEBO-CONTROLLED TRIAL IN 200 PATIENTS.

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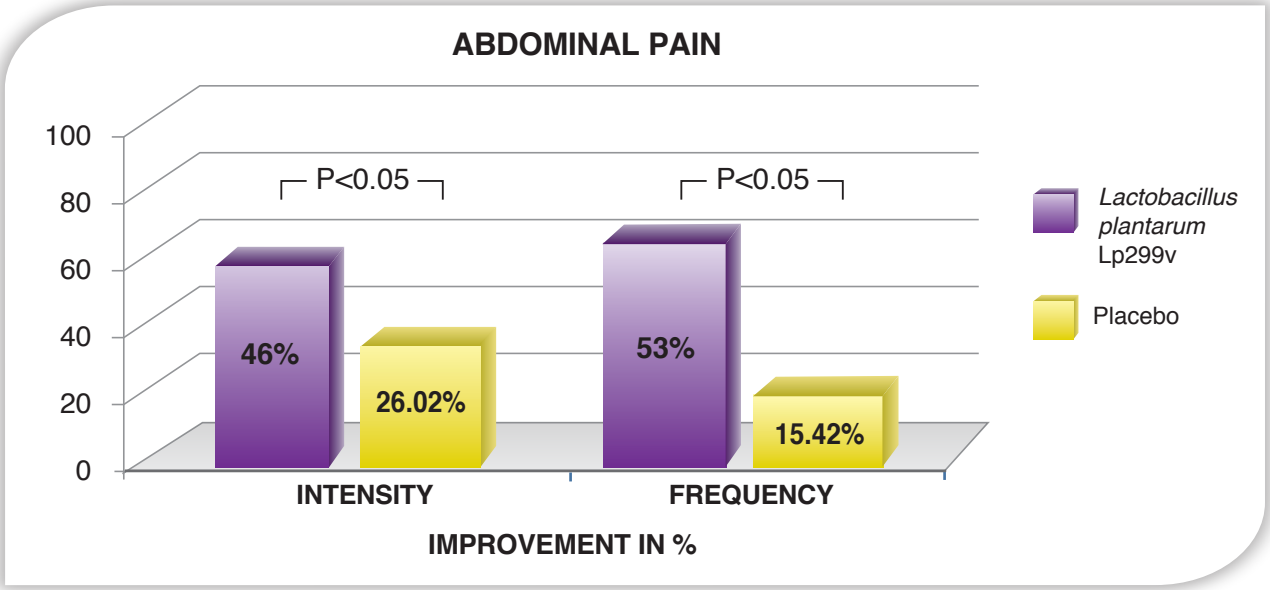
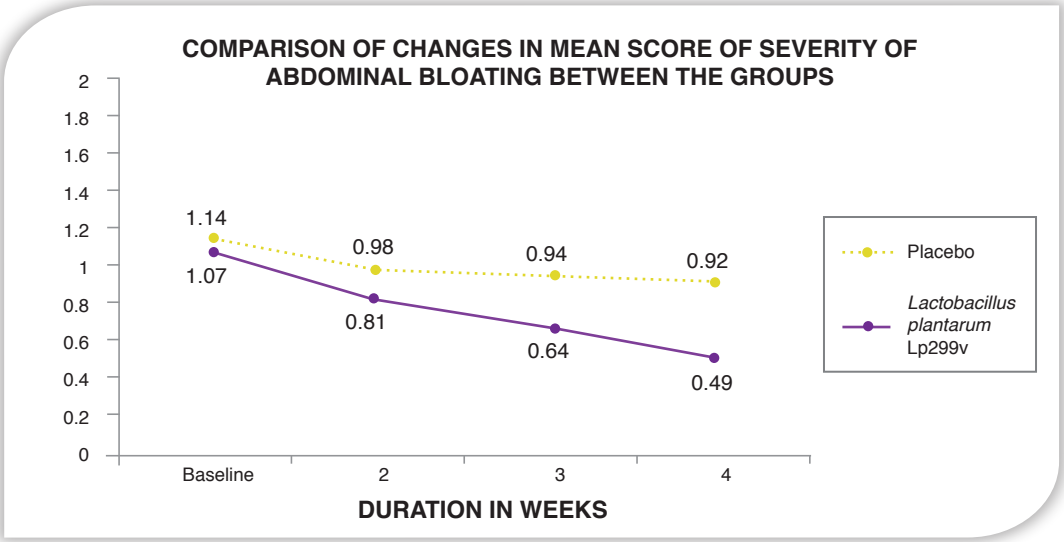
This 4 week study of 200 IBS patients was to assess the symptomatic efficacy of *Lactobacillus plantarum* Lp299v using very stringent criteria using one 10,000 cfu capsule per day. The following symptoms were monitored: Frequency and intensity of abdominal pain, bloating, feeling of incomplete rectal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

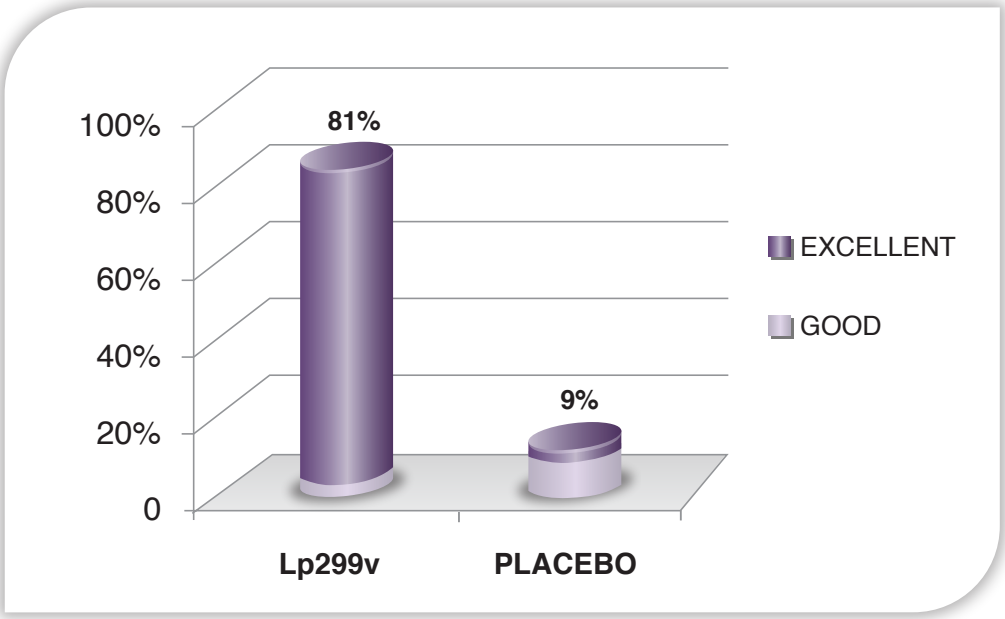
1. A significant reduction in abdominal pain.



2. A significant reduction in bloating.



3. Overall assessment of patients' outcome



CONCLUSION

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.