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Summary

# THE EFFECT OF DUAL BIFIDOBACTERIUM LONGUM PROBIOTIC STRAINS 35624 AND 1714 ON PHYSICAL AND PSYCHOSOCIAL SYMPTOMS IN ADULTS WITH IRRITABLE BOWEL SYNDROME IN REAL-WORLD SETTINGS

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**A 12-week observational study in 111 UK adults with IBS and psychosocial comorbidities found statistically significant reductions in both gastrointestinal and psychosocial symptom severity and frequency after daily supplementation with a dual-strain Bifidobacterium longum probiotic.**

## KEY POINTS

- All measured GI symptoms (abdominal pain, urgency, diarrhoea, constipation, bloating, flatulence) showed statistically significant reductions in severity and/or frequency from baseline to 12 weeks.
- Psychosocial symptoms including stress, anxiousness, and low mood demonstrated statistically significant improvements in both severity and frequency, with 86% of participants reporting reduced frequency of stress and anxiousness.
- Participants with more severe or frequent baseline symptoms experienced greater reductions by week 12, and 77% reported symptom improvement within 4 weeks of starting supplementation.
- The study was funded by Novozymes, the manufacturer of the probiotic strains tested, and three authors are company employees while one is a consultant.
- This real-world observational study may be relevant to gastroenterologists managing IBS patients with co-existing psychosocial symptoms.

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