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Summary

THE EFFECTS OF BIFIDOBACTERIUM BREVE, BIF195 ON NON-STEROIDAL ANTI-INFLAMMATORY DRUG-INDUCED GASTROINTESTINAL INJURY – THE INFLUENCE OF DOSE

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Oesophagus

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A randomized controlled trial found that a low dose of the probiotic Bifidobacterium breve Bif195 (15 billion CFU/day) did not reduce ibuprofen-induced small intestinal mucosal injury compared to placebo in 160 healthy adults.

KEY POINTS

- Lewis score (measure of small intestinal damage) showed no statistically significant difference between Bif195 and placebo groups after 6 weeks of ibuprofen 800 mg/day (p=0.474).
- Ibuprofen induced markedly lower mucosal damage than aspirin in previous studies (Lewis score AUC 2208-2358 vs 4351), which may have limited the trial's ability to detect a protective effect.
- Two prior trials showed that higher doses of Bif195 (50-100 billion CFU/day) alleviated aspirin-induced mucosal injury in the small intestine and stomach.
- Authors suggest the results may indicate a dose-related effect but caution that differences in NSAIDs and trial design limit direct comparison across the three studies.
- The probiotic was well-tolerated with no treatment-related adverse events; study assessed 160 healthy adults (63% women, mean age 27 years) using video capsule endoscopy.

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