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Summary

EFFECT OF PROBIOTICS ON ALLERGIC RHINITIS: RESULTS FROM A RANDOMIZED CONTROLLED TRIAL

Francesca Manza

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A randomized controlled trial found that an eight-week course of a four-strain probiotic mixture significantly improved nasal symptoms and quality of life in adults with chronic or seasonal allergic rhinitis compared to placebo, with effects observed at four weeks post-treatment.

KEY POINTS

- The probiotic-treated group (n=19) showed statistically significant improvement in Total Nasal Symptom Score and quality of life questionnaire scores at twelve weeks compared to placebo (n=22), with significant intra-group differences from baseline.
- The probiotic mixture contained L. acidophilus PBS066, L. rhamnosus LRH020, B. breve BB077, and B. longum subsp. longum BLG240, administered for eight weeks with follow-up at twelve weeks total.
- Microbiome sequencing showed increases in anti-inflammatory bacterial genera Dorea and Fusicatenibacter in the probiotic group at eight weeks, while pro-inflammatory species Bilophila and Bacteroides increased in the placebo group.
- This double-blind placebo-controlled study enrolled adults aged 18-60 years with seasonal or chronic allergic rhinitis and may be relevant to clinicians considering adjunctive therapies for allergic rhinitis management.

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