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Summary

EFFECT OF PROBIOTIC (VIVOMIXX) ON GUT MICROBIOME AND SHORT CHAIN FATTY ACIDS IN HEALTHY ASIAN VOLUNTEERS - A PILOT EXPLORATORY RANDOMIZED CONTROLLED TRIAL

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Colorectal

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A pilot randomized controlled trial in 31 healthy Asian adults found that the probiotic vivomixx altered gut microbiome composition, with rifaximin pre-treatment enhancing short-chain fatty acid production while colonic lavage pre-treatment deterred probiotic bacterial engraftment.

KEY POINTS

- All three interventions—polyethylene glycol colonic lavage, rifaximin, and vivomixx probiotic—resulted in large microbiome composition changes.
- Pre-treatment with colonic lavage deterred engraftment, shown by smaller increases in Bifidobacterium abundance compared to vivomixx alone.
- Rifaximin pre-treatment showed selective engraftment of Lactobacillus and increased concentrations of acetic, butyric, and propionic acids, sustained at 8 weeks.
- Vivomixx demonstrated favorable impact on gut microbiome composition but minimal impact on short-chain fatty acid concentrations in this study.
- The authors suggest these findings provide insights for future trial design and that gut microbiome and short-chain fatty acid modulation is a potential treatment target in dysbiosis-associated diseases.

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