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Summary

NEW CHOICE FOR SMALL INTESTINAL BACTERIAL OVERGROWTH: AN RCT COMPARING BERBERINE AND RIFAXIMIN

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Berberine demonstrated non-inferior efficacy to rifaximin for SIBO treatment with superior durability at 6 weeks and no relapses during 4-week follow-up in the BRIEFSIBO randomized controlled trial of 186 patients.

KEY POINTS

- Berberine achieved non-inferior breath test eradication versus rifaximin at week 2 (45% vs 51%, P=0.008) and week 6 (53% vs 44%, P<0.001) in the intention-to-treat population.
- Berberine achieved non-inferior clinical improvement versus rifaximin at week 2 (68% vs 75%, P=0.0017) and week 6 (75% vs 80%, P=0.0022) in the intention-to-treat population.
- Following four weeks of discontinuation, rifaximin showed 8.57% combined expiratory and symptomatic relapse while berberine had no relapses.
- Rifaximin showed recurrent breath test peak values during follow-up while berberine values remained decreased, and berberine significantly improved bloating at week 6.
- Berberine responders exhibited distinct baseline microbiota with higher Phascolarctobacterium, Klebsiella, and Haemophilus and lower Coprobacter, with both treatments enriching Bacteroides at week 6.

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