

EFFECT OF ORAL BIFIDOBACTERIUM BREVE ON FACIAL SKIN: A RANDOMIZED, DOUBLE-BLIND, PLACEBO-CONTROLLED STUDY

Nobuhiro Sato

UEG Week Copenhagen 2023

Poster

Colorectal

October 15, 2023

A 12-week randomized controlled trial in 120 East Asian women found that oral Bifidobacterium breve M-16V significantly reduced facial brown spots compared to placebo, though the primary outcome of total VISIA score did not reach statistical significance.

KEY POINTS

- The absolute count of brown spots significantly decreased at week 4 in the probiotic group ($p=0.011$) and worsened in the placebo group at week 12 ($p=0.001$), with statistically significant improvements from baseline in the probiotic group at weeks 4 and 8.
- The primary outcome, mean total VISIA score, showed a trend toward improvement in the probiotic group at week 12 but did not reach statistical significance ($p=0.38$).
- Subjective evaluations by participants showed improvement in skin moisture, wrinkles, and bowel movement in the probiotic group at week 12, while overall skin condition improved in both groups.
- Wrinkle feature scores objectively worsened in both groups throughout the study.
- Adverse events occurred in 37.3% of participants with no serious events and no statistical difference in frequency between groups; common events included folliculitis, cold symptoms, and digestive symptoms.

VIEW THIS CONTENT ON GUTFLIX

<https://gutflix.eu/search/d/48005cce-743c-11ee-8ff7-0242ac140004>



AI-generated summary

This summary was generated by an AI large language model based on the content transcript. It is for informational purposes only and should not be considered a substitute for clinical judgment. Always rely on your professional expertise and the full clinical context when making clinical decisions.