

MODULATING THE GUT-LIVER AXIS: PROBIOTIC THERAPY FOR MASLD MANAGEMENT

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A study of 152 patients with MASLD found that combined probiotic therapy corrected gut microbiota dysbiosis and improved metabolic, inflammatory, and lipid parameters.

KEY POINTS

- At baseline, patients with MASLD demonstrated gut microbiota dysbiosis characterized by increased Firmicutes (50.3%), Actinobacteria (15.34%), and an elevated Firmicutes/Bacteroides index (5.02).
- Patients received combined probiotic therapy containing *Saccharomyces boulardii* CNCM I-745, *Lactobacillus acidophilus* (LA-5), and *Bifidobacterium lactis* (BB-12).
- Following probiotic therapy, proportions of Firmicutes and Actinobacteria decreased, the F/B index was reduced, and levels of ALT, AST, hsCRP, total cholesterol, and triglycerides declined while HDL-C increased.
- Positive correlations were identified between elevated Firmicutes and Actinobacteria and cardiometabolic risk markers such as hsCRP and triglycerides.
- The findings support microbiota-targeted interventions as an adjunctive approach in MASLD management.

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