DOES PASTEURIZED AKKERMANSIA MUNICIPHILA IMPROVE BOWEL AND PSYCHOLOGICAL SYMPTOMS IN SUBJECTS WITH IRRITABLE BOWEL SYNDROME?

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A 12-week exploratory trial of pasteurized Akkermansia muciniphila in 48 subjects with moderate IBS showed clinically meaningful but not statistically significant improvement in IBS symptoms compared to placebo, with greater benefit in those with higher baseline symptom severity.

KEY POINTS

- In this double-blind, placebo-controlled trial, pasteurized Akkermansia muciniphila (30 billion daily) was compared to placebo in subjects with moderate IBS (Rome IV criteria, IBS-SSS ≥175) over 12 weeks in a 2:1 randomization.
- IBS symptom severity scores improved in both groups (mean change -147.45 for Akkermansia vs -122.25 for placebo), with no statistically significant difference between arms, though an important placebo effect was observed for gut symptoms.
- Higher baseline IBS symptom severity correlated with greater clinical effect from Akkermansia, in contrast to the placebo response pattern.
- Hospital Anxiety and Depression Scores improved by up to 10% in the Akkermansia group but worsened by up to 35% in the placebo arm, with no important placebo effect detected for psychological parameters.
- Pasteurized Akkermansia muciniphila was very well tolerated with a great safety profile; the trial was exploratory and not statistically powered.

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