



STUDY HIGHLIGHTS

Oral *Candida*

Effect of probiotic bacteria on oral *Candida* in frail elderly

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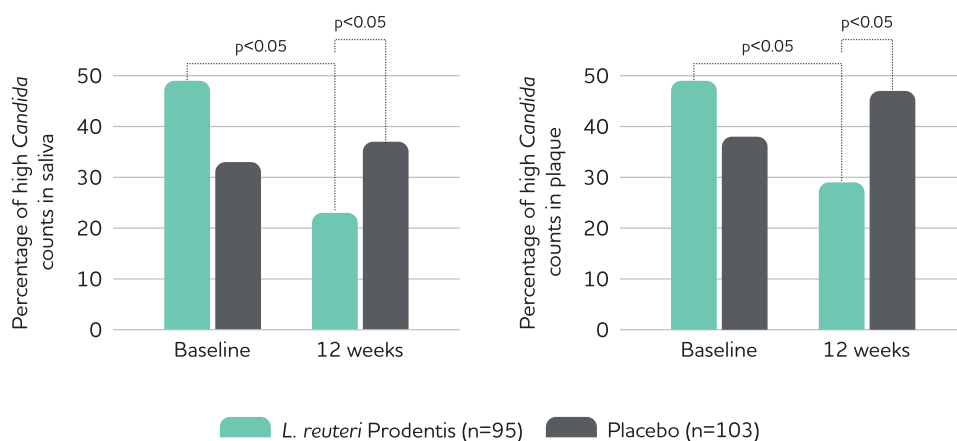
J Dent Res. 2015;94(9 Suppl):181S-186S.

Demonstrates that *L. reuteri* Prodentis reduced oral *Candida* in frail elderly

Results

- Compared to placebo, the *L. reuteri* Prodentis group had a statistically significant reduction in the prevalence of high *Candida* counts, both in saliva and plaque ($p < 0.05$)
- No adverse events related to the study products were reported

Proportion of patients with high *Candida* counts in saliva and plaque



Conclusion

- Daily use of *L. reuteri* Prodentis lozenges significantly reduced the prevalence of high oral *Candida* counts in frail elderly. This indicates that probiotic lozenges may be beneficial for patients at risk for oral candidosis

Facts

- Study design: randomized, double blind, placebo-controlled, multi-center clinical trial
- Subjects: 215 elderly patients, living in 20 nursery homes
- Dosage: 2 lozenges daily (4×10^8 CFU/day)
- Duration: 12 weeks
- Primary endpoints: prevalence and amount of *Candida* growth
- Secondary endpoints: levels of dental plaque and gingival inflammation

Further reading

- Teughels W et al. Clinical and microbiological effects of *Lactobacillus reuteri* probiotics in the treatment of chronic periodontitis: a randomized placebo-controlled study. J Clin Periodontol. 2013;40:1025–1035
- Caglar E et al. Effect of chewing gums containing xylitol or probiotic bacteria on salivary mutans streptococci and lactobacilli. Clin Oral Invest. 2007;11:425–429

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