

There are many different IBS symptoms and there are specific probiotic strains for each symptoms:

| Probiotic Strain | Benefits |
|----------------------|--|
| S. boulardii | loose stools |
| B.infantis 35624 | abdominal discomfort, gas, bloating, str ... |
| B. lactis BB-12 | straining, poor gut motility, bowel regu ... |
| B. lactis DN-173 010 | bloating, gastrointestinal transit, cons |

Irritable I Syndrom

Medical Conditio

A chronic gastrc affects the large abdominal pain,

📊 Very comm cases per y

🧪 Rarely requ

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Probiotics in Irritable Bowel Syndrome: An Up-to-Date ...

<https://pubmed.ncbi.nlm.nih.gov/31480656>

Irritable bowel syndrome (IBS) is a frequent functional gastrointestinal disorder, and alterations in the gut microbiota composition contributes to symptom generation. The exact mechanisms of probiotics in the human body are not fully understood, but probiotic supplements are thought to improve IBS symptoms through **manipulation of the gut microbiota**.

Cited by: 19 Author: Hanna Fjeldheim Dale, Stella Hellgren Ras...
Publish Year: 2019

Probiotics in Irritable Bowel Syndrome: An Up-to-Date ...

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6769995>

Sep 02, 2019 · In addition, probiotics have been shown to reduce intestinal cytokine secretion and improve epithelial barrier function in a mice model of intestinal inflammation , and reduction of IBS symptoms in response to probiotic supplementation in subjects with IBS have been associated with **improved cytokine profile** .

Cited by: 19 Author: Hanna Fjeldheim Dale, Stella Hellgren Ras...
Publish Year: 2019

Can Daily Probiotics Help With Irritable Bowel Syndrome ...

<https://1md.org/article/probiotics-IBS-benefits-1md> ▾

< IBS A Different Approach Probiotic Diversity **The Bottom Line** >

Name of Journal: *World Journal of Gastrointestinal Surgery*

Manuscript NO: 64313

Manuscript Type: OPINION REVIEW

How can probiotic improve irritable bowel syndrome symptoms?

Probiotics in IBS

Abstract

The onset and manifestations of irritable bowel syndrome (IBS) is associated with several factors, and the pathophysiology involves various central and peripheral mechanisms. Most studies indicate that the management of gut microbiota could significantly affect the improvement of subjective disorders in patients with IBS. Numerous clinical trials have assessed the efficacy of probiotics for IBS with controversial conclusions. Several clinical trials have suggested that probiotics can improve global IBS symptoms, while others only improve individual IBS symptoms,

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Their health effects vary depending on the type. Summary Gut flora imbalances may contribute to the symptoms of IBS. Probiotics help restore balance in a number of ways, including by **inhibiting the growth of harmful bacteria, reducing inflammation and slowing down the digestive system.**

[How Probiotics Can Help Fight IBS - Healthline](#)

www.healthline.com/nutrition/probiotics-for-ibs

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Feedback

[Effectiveness of probiotics in irritable bowel syndrome ...](#)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4356930>

Mar 14, 2015 · Probiotics may influence the IBS symptoms including **abdominal pain, bloating, distension, flatulence, altered bowel movements, and gut microbiota.** The nature of probiotics explains their beneficial role in intestinal function as they can protect against pathogenic bacteria via their antimicrobial properties.

Cited by: 289 Author: Tina Didari, Shilan Mozaffari, Shekoufeh ...

Publish Year: 2015

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