**Name of Journal:** *World Journal of Clinical Cases*

**Manuscript NO:** 84638

**Manuscript Type:** MINIREVIEWS

**Probiotics and autoprobiotics for treatment of *Helicobacter pylori* infection**

Baryshnikova NV *et al*. Probiotics and autoprobiotics for *H. pylori* infection

Natalia V Baryshnikova, Anastasia S Ilina, Elena I Ermolenko, Yury P Uspenskiy, Alexander N Suvorov

**Natalia V Baryshnikova, Elena I Ermolenko, Alexander N Suvorov,** Department of Molecular Microbiology, Institute of Experimental Medicine, St. Petersburg 197376, Russia

**Natalia V Baryshnikova, Yury P Uspenskiy,** Internal Diseases Department of Stomatological Faculty, Pavlov First St-Petersburg State Medical University, St. Petersburg 197022, Russia

**Natalia V Baryshnikova,** Laboratory of Medical and Social Pediatric Problems, St-Petersburg State Pediatric Medical University, St. Petersburg 194100, Russia

**Anastasia S Ilina,** Clinical Department, Institute of Experimental Medicine, St. Petersburg 197376, Russia

**Yury P Uspenskiy,** Department of Faculty Therapy Named After V.A. Valdman, St-Petersburg State Pediatric Medical University, St. Petersburg 194100, Russia

**Author contributions:** Uspenskiy YP, Suvorov AN, Baryshnikova NV, Ilina AS, and Ermolenko EI contributed equally to this work; Uspenskiy YP and Suvorov AN designed the research; Baryshnikova NV, Ilina AS, and Ermolenko EI performed the research; Baryshnikova NV, Ilina AS, and Ermolenko EI contributed new reagents/analytic tools; Uspenskiy YP and Suvorov AN analyzed the data; Baryshnikova NV, Ilina AS, and Ermolenko EI wrote the paper; all authors have read and agreed to the published version of the manuscript.

**Corresponding author: Natalia V Baryshnikova, MD, PhD, Associate Professor, Senior Lecturer,** Department of Molecular Microbiology, Institute of Experimental Medicine, Pavlova, 12A, St. Petersburg 197376, Russia. baryshnikova\_nv@mail.ru

**Received:** March 22, 2023

**Revised:** June 7, 2023

**Accepted:** June 21, 2023

**Published online:** July 16, 2023

**Abstract**

The article discusses various approaches for probiotic treatment of *Helicobacter pylori* (*H. pylori*) infection: Probiotics as an adjuvant treatment in the standard eradication therapy; probiotic strains as a monotherapy; and autoprobiotics as a monotherapy. Autoprobiotics refer to indigenous bifidobacteria, lactobacilli, or enterococci isolated from a specific individual, intended to restore his/her microbiota and improve his/her health. The potential mechanisms of probiotic action against *H. pylori* include correction of the gut microbiota, immunological effects (enhancement of humoral and cellular immunity, and reduction of oxidative stress), direct antagonistic effects against *H. pylori* (such as colonization resistance and bacteriocin synthesis), and stimulation of local immunological protection (strengthening of the mucous protective barrier and reduction of gastric mucosa inflammation). The incorporation of probiotics into comprehensive eradication therapy shows promise in optimizing the treatment of *H. pylori* infection. Probiotics can enhance the eradication rates of *H. pylori*, reduce the occurrence and severity of side effects, and improve patient compliance. Probiotic or autoprobiotic monotherapy can be considered as an alternative treatment approach in cases of allergic reactions and insufficient effectiveness of antibiotics. We recommend including probiotics as adjunctive medications in anti-*H. pylori* regimens. However, further randomized multicenter studies are necessary to investigate the effects of probiotics and autoprobiotics against *H. pylori*, in order to gain a better understanding of their mechanisms of action.

**Key Words:** *Helicobacter pylori*; Probiotic; Autoprobiotic; Eradication; Microbiota; Gut; Immunity

**©The** **Author(s) 2023.** Published by Baishideng Publishing Group Inc. All rights reserved.

**Citation:** Baryshnikova NV, Ilina AS, Ermolenko EI, Uspenskiy YP, Suvorov AN. Probiotics and autoprobiotics for treatment of *Helicobacter pylori* infection. *World J Clin Cases* 2023; 11(20): 4740-4751

**URL:** https://www.wjgnet.com/2307-8960/full/v11/i20/4740.htm

**DOI:** https://dx.doi.org/10.12998/wjcc.v11.i20.4740

**Core Tip:** The usage of probiotics in complex eradication therapy holds promise for optimizing the treatment of *Helicobacter pylori (H. pylori)* infection. Probiotics have the potential to enhance the eradication rate of *H. pylori*, reduce the frequency and severity of side effects, and improve patient compliance. Probiotic and autoprobiotic monotherapies are viable alternatives in cases of allergic reactions or adverse effects caused by antibiotics, owing to their direct antagonistic effect on *H. pylori*. However, conducting new randomized multicenter studies is necessary to investigate the intricate effects of probiotics and autoprobiotics against *H. pylori* infection, with the aim of gaining a better understanding of their mechanisms of action.

**INTRODUCTION**

*Helicobacter pylori (H. pylori)* infection is one of the most prevalent and extensively studied bacterial infections worldwide. This microorganism serves as a trigger for various conditions, including peptic ulcer disease, chronic gastritis, gastric mucosa-associated lymphatic tissue lymphoma, gastric cancer, and non-gastroenterological issues like iron deficiency anemia. Over the past 35 years, scientists and clinicians in different countries have been striving to identify the most effective regimen for eradicating *H. pylori*. However, there are several challenges associated with standard eradication regimens, such as antibiotic resistance, low patient compliance due to complex regimens or individual factors, high bacterial density within the stomach, and bacterial internalization. The use of antibiotics in standard *H. pylori* eradication therapy disrupts the gastrointestinal microbiota, particularly the gut microbiota[1-5]. Therefore, it is crucial to explore *H. pylori* treatment alternatives that enhance therapy safety and effectiveness while minimizing the negative impact on the gut microbiota. Probiotics represent a potential approach to optimize the management of *H. pylori*-associated diseases[6,7]. The mention of this treatment method is also found in the Maastricht VI statement, which states that "certain probiotics have demonstrated efficacy in reducing gastrointestinal side effects caused by *H. pylori* eradication therapies"[8]. However, according to the Toronto consensus, the routine addition of probiotics to eradication therapy to reduce adverse events and improve eradication rates is not recommended due to the very low quality of evidence available[9].

What are probiotics? According to the guidelines of the World Gastroenterology Organization, “probiotics are live microorganisms that, when administered in adequate amounts, confer a health benefit on the host”[10]. Medications aimed at correcting the gut microbiota can be categorized into several groups: Real probiotics (containing live microorganisms), metabiotics (containing the byproducts of gut normobiota metabolism), prebiotics (containing substances that serve as nutrients for microorganisms), synbiotics (a combination of probiotics and prebiotics), and symbiotics (a combination of different probiotics). Metabiotics, also known as postbiotics, refer to bacterial metabolites and structural components derived from probiotic microorganisms that have the ability to optimize regulatory, metabolic, and/or behavioral responses associated with the activity of the host organism's native microbiota[11,12]. This article focuses on the use of probiotics and symbiotics (medications containing live microorganisms exclusively) in eradication regimens.

The benefit of the addition of probiotics in anti-*H. pylori* regimens could restore the alterations of gastrointestinal microbiota induced by antibiotics or proton pomp inhibitors in the regimens. Multiple studies have investigated the effects of probiotics on gastric[13-15], gastrointestinal[16], and gut[17-20] microbiota. Well-known probiotic microorganisms include various species of Bifidobacterium (B*. bifidum, B. infantis, B. longum, B. breve,* and *B. adolescents*), Lactobacillus (*L. acidophilus, L. plantarum, L. casei, L. bulgaricus, L. lactis, L. reuteri, L. rhamnosus, L. fermentum, L. johnsonii,* and *L. gassed*), non-pathogenic strains of Enterococcus (*E. faecium* and *E. salivarius*), certain non-pathogenic species of *Escherichia coli*, non-pathogenic *Bacillus* spp. (*Bacillus subtilis*), lactic acid streptococci (*S. thermophilus*), yeast fungi such as *Saccharomyces boulardii*, and newer variants like probiotic products containing *Clostridium butyricum* or *Akkermansia muciniphila*[10]. Lactic acid bacteria, particularly *Lactobacillus* spp., are commonly used as adjunct agents in anti-*H. pylori* therapy among probiotics[21]. The use of lactobacilli or bifidobacteria as additional medications in eradication therapy is promising because these microorganisms secrete bacteriocins that can inhibit the growth of *H. pylori* and disrupt its adhesion to the stomach's epithelial cells[22]. Furthermore, the supplemental use of probiotic strains of *Bacillus* spp. and *Enterococcus faecium* in triple eradication therapy enhances patient compliance, reduces the frequency and severity of side effects, and increases microbial eradication efficacy[23]. However, the use of these microorganisms may potentiate certain side effects (such as constipation and bloating), and their safety has not been definitively established[24,25]. Therefore, further studies are necessary to investigate their efficacy and safety, particularly for *E. faecium*, which poses challenges due to antibiotic resistance and potential pathogenicity in certain cases[26].

Medications with probiotic properties not only correct gut microbiota disorders but also offer several additional beneficial effects. These include metabolic benefits, such as a positive impact on metabolic processes and normalization of lipid profiles and blood sugar levels. Furthermore, they contribute to immunological improvements, including enhancements in humoral and cellular immunity and reduction of oxidative stress. Additionally, probiotic medications exert an effect on *H. pylori* in the stomach through their direct antagonistic action and stimulation of local immune protection, which involves strengthening the protective mucous barrier and reducing the severity of gastric mucosa inflammation[27,28]. Therefore, it is appropriate to consider the overall positive impact of probiotic medications[29,30].

**Probiotics action against *H. PYLORI*: myth or reality?**

***Probiotics in complex eradication therapy***

The efficacy of probiotics in complex eradication therapy has been extensively investigated in numerous scientific studies and analyzed in several meta-analyses.

Several meta-analyses confirm the effectiveness of probiotics as an adjuvant component of eradication therapy in significantly improving the rate of *H. pylori* eradication and preventing adverse reactions and antibiotic-associated diarrhea[31-33].

In a meta-analysis conducted by Wang *et al*[34] (2017), which included 140 studies (44 English and 96 Chinese) with 20215 patients, it was found that the eradication rate was 84.1% and the incidence of adverse events was 14.4% in the probiotic group, compared to 70.5% and 30.1%, respectively, in the placebo group. *Lactobacillus acidophilus* was slightly more effective, while *Saccharomyces boulardii* was more suitable for 10-d triple therapy.

In another meta-analysis by Feng *et al*[35] (2017), which included 29 trials (*n* = 3122), the efficacy of 17 different probiotics was studied. Compared to placebo, probiotic-supplemented triple therapy significantly increased *H. pylori* eradication rates [relative ratio (RR) = 1.19, 95% confidence interval (CI): 1.13-1.25] and reduced the incidence of total side effects (RR = 0.49, 95%CI: 0.38-0.65). *Lactobacillus casei* was identified as the most effective for *H. pylori* eradication (*P* = 0.84), and a multi-strain combination of *Lactobacillus acidophilus* and *Lactoba-cillus rhamnosus* was effective for reducing total side effects (*P* = 0.93).

According to the data from our prospective open-label study, the additional use of probiotics containing *Lactobacillus spp.* and *Bifidobacterium spp.* increases the effectiveness of eradication therapy by 20%-25%[36].

While the effects of probiotics in reducing the frequency of side effects in eradication therapy are widely accepted, the mechanisms by which probiotics increase the effectiveness of treatment are not yet fully understood. It is hypothesized that this may be due to improved compliance resulting from a decrease in the occurrence of side effects, although other mechanisms of probiotic action are also under discussion. The possible mechanisms of probiotic action against *H. pylori* are illustrated in Figure 1.

In light of the possible mechanisms of action of probiotics against *H. pylori*, the question arises: Can we attempt to eradicate *H. pylori* using probiotics? Research in this area is progressing in two directions.

The first approach involves incorporating probiotics into eradication therapy as an adjuvant treatment. The co-administration of probiotics with anti-*H. pylori* drugs has been shown to increase the success rate of eradication and reduce the frequency of side effects associated with eradication therapy. Consequently, this approach improves patient compliance with the treatment[37-41]. Another strategy is the administration of probiotics prior to eradication. For instance, the consumption of yogurt containing probiotic strains before starting eradication therapy has demonstrated beneficial effects on the eradication outcome and patient tolerance[42].

The second way studies the effect of probiotic monotherapy in *H. pylori* eradication. This was recommended to patients who have allergic reactions to antibiotics used in anti-helicobacter therapy regimens and to people who have *H. pylori* infection without clinical manifestations, for example, *H. pylori*-positive family members of patients with diseases associated with *H. pylori*.

**Methodology**

For assessment of anti-*H. pylori* efficacy of adjuvant probiotic treatment, we searched randomized controlled trials about probiotic action against *H. pylori* in PUBMED for the last 10 years (from 2012 to 2022) with the keywords probiotics and *H. pylori*. In common there are 438 scientific articles with these key words, of which 56 were clinical trials, 20 were systematic reviews, 23 were meta-analyses, 50 were randomized controlled trials, and 174 were reviews. Of 50 articles with results of randomized controlled trials, 23 estimated the eradication rate of eradication therapy with probiotics/symbiotics treatment with verified probiotic strains. These articles were included in our analysis. For assessment of anti-*H. pylori* efficacy of probiotic monotherapy, we searched articles about probiotic action against *H. pylori* in PubMed for the last 10 years (from 2012 to 2022) with the keywords probiotics, monotherapy, and *H. pylori*. In common there are ten scientific articles with these key words, of which three were clinical trials or randomized controlled trials, two were systematic reviews and meta-analyses, and five were reviews. All of these articles were included in our analysis.

**Eradication rate assessment of eradication therapy with/without probiotics**

To review the anti-*H. pylori* efficacy of adjuvant probiotic treatment, we selected 23 out of the 56 articles that analyzed the eradication rate when probiotics were used in the treatment of *H. pylori* infection (Tables 1-4). The majority of the articles demonstrated that the addition of probiotics increased the eradication rate. Several papers showed that probiotics did not significantly increase the eradication rate but effectively reduced the side effects of antibiotic therapy. However, one study found that the addition of *S. boulardii* probiotic to triple antibiotic therapy for *H. pylori* infection neither increased the eradication rate nor reduced the occurrence of adverse events[43]. These findings highlight the importance of specific strains included in probiotic formulations.

According to the information presented in these tables, it is evident that the most commonly used single-strain probiotics are *Saccharomyces boulardii* and *Lactobacillus reuteri* strains. As for multi-strain probiotics (symbiotics), the combination of *Lactobacillus* spp. and *Bifidobacterium s*pp. is widely utilized. Additionally, the inclusion of probiotics in proton pump inhibitor-antibiotics-bismuth regimens has been shown to enhance the safety of anti-*H. pylori* treatment. Furthermore, due to their multifaceted positive effects, probiotics can contribute to higher eradication rates.

**Probiotic monotherapy**

Several studies have confirmed the efficacy of probiotics as monotherapy for *H. pylori* eradication[27,38,66,67]. For instance, one study reported that a probiotic containing *L. acidophilus* led to eradication in 6 out of 14 patients[38]. Dore *et al*[68] (2014) assessed the efficacy of *Lactobacillus reuteri* (DSM 17938) 108 colony-forming units in combination with pantoprazole 20 mg twice a day for 8 wk in *H. pylori* eradication. The study defined eradication as a negative result in the 13C-urea breath test 4-6 wk after therapy. The results showed that *L. reuteri* plus pantoprazole achieved eradication in 13.6% of patients by intention-to-treat analysis and 14.2% by per protocol analysis. Another study combining *L. reuteri* with pantoprazole for 4 wk achieved eradication in 12.5% of patients[69]. Several studies have demonstrated that *L. reuteri* can inhibit *H. pylori* growth and decrease bacterial load[59,70,71,72]. This antimicrobial activity may be attributed to the production of compounds such as reuterin, reuteritsin 6, reutetsiklin, and metabolites that inhibit bacterial growth. These compounds can reduce *H. pylori* adhesion to gastric epithelial cells and inhibit microbial growth, leading to a significant reduction in *H. pylori* contamination and gastric mucosal inflammation severity[72].

In another study, 40 *H. pylori* patients were treated with a mixture of eight species of probiotics for 10 d, while 40 *H. pylori*-positive subjects received a placebo for 1 month. The eradication rate was 32.5% in the probiotic group and 0% in the placebo group[73]. Probiotics containing *Lactobacillus acidophilus* and *Lactobacillus rhamnosus* have been shown to reduce the bacterial load of *H. pylori* according to the 13C-urea breath test[17]. The *Limosilactobacillus reuteri* strain 2892 (L. reuteri 2892) isolated from camel's milk demonstrated the protective effects against *H. pylori*-induced gastritis in the gastric mucosa in animal models due to significantly downregulated virulence factor cagA gene expression[74]. The combination of fermented milk containing *Lactobacillus paracasei* and *Glycyrrhiza glabra* reduced *H. pylori* density and improved histologic inflammation[75]. Monotherapy with *Clostridium butyricum* or *Bacillus coagulans,* and a combination of *C. butyricum* and *B. coagulans* showed efficacy for *H. pylori* eradication in 18%, 20%, and 26% of cases, respectively[76]. However, another study demonstrated no inhibitory activity of a combination of *L. acidophilus, L. rhamnosus*, and *L. sporogenes* on *H. pylori*[77]. *S. boulardii* monotherapy for 2 wk led to *H. pylori* eradication in 28.0% of patients based on intent-to-treat criteria[78]. In prospective studies, probiotic monotherapy effectively decreased *H. pylori* density (based on the 13C-urease breath test data) by 2.0% to 64.0%[79]. Initial studies in children have shown promising results for *H. pylori* eradication with various probiotic strains[80].

Meta-analysis of 11 studies demonstrated that probiotics eradicated *H. pylori* in 14% of cases (95%CI: 2%-25%, *P* = 0.02). Specifically, lactobacilli were effective in achieving eradication in 16% (95%CI: 1%-31%), *Saccharomyces boulardii* in 12% (95%CI: 0%-29%), and multi-strain combinations in 14% (95%CI: 0%-43%). Although probiotic monotherapy had a minimal effect on *H. pylori* eradication, the successful eradication suggests a possible direct effect of probiotics against *H. pylori*[81]. A systematic review of 11 high-quality studies concluded that probiotic monotherapy does not significantly affect the eradication rates of *H. pylori*. However, when used in combination with eradication therapy, probiotics can increase the eradication rates and significantly reduce side effects associated with antibiotics[82].

In an *in vitro* study conducted by our team, it was observed that the inhibition of *H. pylori* growth occurred in 50% of cases in contact with a probiotic based on *Bacillus subtilis*, 78.6% of cases in contact with *Enterococcus faecium* strain L-3, and 64% of cases in contact with a combination of *Bifidobacterium longum* and *Enterococcus faecium*[83]. In an *in vivo* study, monotherapy with *Enterococcus faecium* strain L-3 in patients with chronic gastritis associated with *H. pylori* showed an eradication rate of 39%[84].

Probiotic monotherapy can be considered as an alternative therapy in cases of polyvalent allergic reactions to antibiotics, as the eradication rate of this treatment is significantly lower compared to standard regimens. Additionally, probiotic monotherapy may be preferred in pediatric practice for children under 10 years of age. Among the different monotherapy options, the most promising results were observed with multi-strain probiotics (32.5%), *S. boulardii* (28%), a complex of *C. butyricum* and *B. coagulans* (26%), and *L. reuteri* (14.2%). Our data on the efficacy of *E. faecium* L3 showed a 39% eradication rate, but further multicenter clinical trials are needed to confirm these findings.

**What are autoprobiotics?**

The benefits of probiotics arise from the interaction of probiotic strains or strain compositions with the host microbiota. However, probiotic therapy has certain limitations, including the risk of strain colonization failure and the need for a prolonged administration course (1 month or more). Additionally, selecting the most appropriate probiotic for a specific patient from the vast range of options available today remains unclear.

A novel and innovative approach to enhance the effectiveness of correcting gut microbiota disorders and personalized therapy is the development of autoprobiotics (the term proposed by the authors who obtained a patent for the invention)[85].

Autoprobiotics are strains of indigenous microbiota that are isolated from a specific individual and intended to restore his/her gastrointestinal tract microecology. Autoprobiotics can be prepared by culturing individual clones of indigenous bacteria (such as bifidobacteria, lactobacilli, or enterococci) on nutrient cultural media outside the body, or by culturing a complex of indigenous bacteria under anaerobic conditions[86]. Initially, the selection of autoprobiotic strains involved the addition of blood serum[87], but later it was replaced by molecular genetic testing of the strains of interest[88,89].

The advantages of autoprobiotics are: (1) Individual composition: Each autoprobiotic is unique and tailored to the specific beneficial bacteria isolated from an individual's biomaterial; (2) High survival rate: Since the body has been exposed to its own bacteria throughout life, the "survival rate" of auto-probiotics tends to be close to 100%; (3) Safety: Autoprobiotics consist of two main components - the actual indigenous bacteria and special nutrients to support bacterial viability. The body develops immunological tolerance towards the indigenous bacteria included in the autoprobiotic from early years, and they do not enter into conflict with other resident representatives of the human microbiota; and (4) Extended duration in the gut: Compared to probiotics, autoprobiotics have a longer duration in the gut, allowing for shorter treatment courses (as short as 10 d).

Experimental studies utilizing autoprobiotics have demonstrated that in rats with antibiotic-associated dysbiosis, the administration of different indigenous strains of bacteria (such as bifidobacteria, enterococci, or a bacterial mixture) resulted in a rapid restoration of the microbiota compared to untreated animals[86,90]. Several clinical studies have already shown the effectiveness of autoprobiotics based on indigenous strains of *Lactobacillus* spp. in restoring and stabilizing the levels of key representatives of the normal intestinal microbiota (such as *Bifidobacterium* spp., *Lactobacillus* spp., and *E. coli*) in dysbiotic disorders caused by antibiotic usage[91-93], as well as in infection and inflammatory diseases[86,90,94]. The efficacy of monotherapy using autoprobiotics based on indigenous non-pathogenic enterococci has been demonstrated in the treatment of chronic gastritis associated with *H. pylori*: The eradication rate was 80%, and there was 100% relief of symptoms after a 20-d autoprobiotic treatment[95].

The high efficacy of autoprobiotics in *H. pylori* eradication can be attributed to their personalized effect on the host gastrointestinal microbiota. It can be hypothesized that the use of indigenous microorganisms holds greater potential compared to the administration of commercial probiotics.

**Discussion**

The addition of probiotics to standard triple or quadruple therapy has shown significant improvement in *H. pylori* eradication efficacy and reduction in adverse reactions associated with anti-*H. pylori* antibiotics, such as diarrhea and nausea. However, some studies have indicated that probiotics do not have a significant positive influence on the eradication rate and/or the frequency of adverse reactions, which may depend on the specific microbial strain(s) included in the product. Therefore, further randomized multicenter studies are necessary to investigate the effects of probiotics against *H. pylori*, focusing on strains with specific anti-*H. pylori* activity.

Probiotic monotherapy has demonstrated successful eradication rates of up to 39% for *H. pylori*, which are significantly higher than the percentages of spontaneous eradication (3%-5%). Probiotic monotherapy can be considered as an alternative method of treating *H. pylori*-associated diseases, particularly when standard anti-*H. pylori* therapy with antibiotics is not effective.

There are several interesting and controversial points to consider regarding the use of probiotics as an additional treatment for *H. pylori* infection: Probiotics can be administered for a longer duration: Unlike aggressive eradication therapy, which lasts 10-14 d, the duration of probiotic therapy is not strictly regulated. It is important to determine the optimal duration for each probiotic strain to achieve the best therapeutic outcomes and predict clinical effects.

Probiotics are generally safer than antibiotics but may still have side effects. Further studies are needed to identify possible side effects associated with different probiotic strains, in order to choose the safest and most effective options.

Possible approaches to prescribing probiotic therapy for patients with *H. pylori*-associated diseases include: Pre-eradication probiotic therapy: Prescribing probiotics 3-4 wk before eradication therapy to realize the immunomodulatory effects and enhance the predictability of positive eradication outcomes; Co-eradication probiotic therapy: Prescribing probiotics simultaneously with eradication therapy (10-14 d) to increase eradication effectiveness and reduce the risk of side effects; Post-eradication probiotic therapy: Prescribed for a period of 3-4 wk after eradication to restore the gut microbiota and reduce the risk of *H. pylori* reinvention (recolonization).

Probiotic monotherapy may be prescribed to patients with a history of allergic reactions to antibiotics included in eradication regimens, or if the patient categorically refuses to take antibiotics, or for asymptomatic young children. In such cases, probiotics should be administered for a minimum of 1 month. However, it is important to note that this type of therapy exhibits lower efficacy compared to standard regimens, which significantly limits its application.

Autoprobiotics represent a novel type of probiotics with promising results in terms of anti-*H. pylori* efficacy. However, randomized placebo-controlled multicenter studies are necessary to confirm their efficacy and safety.

These considerations highlight the potential benefits and challenges associated with probiotic therapy in the context of *H. pylori* infection and suggest various strategies for optimizing its use.

**CONCLUSION**

The incorporation of probiotics into complex eradication therapy holds promise for optimizing the treatment of *H. pylori* infection. Probiotic strains, through their correction of gastric and gut microbiota, immunomodulatory effects, and direct antagonistic activity against *H. pylori* (*via* bacteriocins and other factors such as bacterial synthesized acids and hydrogen peroxide), can improve eradication rates, reduce the frequency and severity of side effects, and enhance patient compliance and treatment outcomes (Figure 1).

While probiotics alone cannot surpass antibiotics in the eradication of *H. pylori*, they play an important role as an additional component to triple or quadruple therapy, particularly in cases of antibiotic resistance. Therefore, it is recommended to include probiotics as adjunctive medicines in anti-*H. pylori* regimens. Probiotic or autoprobiotic monotherapy can be used as an alternative treatment method for individuals with allergic reactions to antibiotics. Furthermore, identifying the optimal probiotic/autoprobiotic strain or combination of strains for each patient is crucial for achieving the best clinical results and eradication rates. This represents an important objective for future investigations.

**REFERENCES**

1 **Chen CC**, Liou JM, Lee YC, Hong TC, El-Omar EM, Wu MS. The interplay between Helicobacter pylori and gastrointestinal microbiota. *Gut Microbes* 2021; **13**: 1-22 [PMID: 33938378 DOI: 10.1080/19490976.2021.1909459]

2 **Tkachenko EI**, Uspenskiĭ IuP, Avalueva EB, Zakharchenko MM, Baryshnikova NV. [Clinical value of the correction of disorders of intestinal microcenosis in patients with acid-dependent diseases of the digestive apparatus]. *Eksp Klin Gastroenterol* 2004: 52-56 [PMID: 16259442]

3 **Tkachenko EI**, Uspenskiĭ IuP, Zakharchenko MM, Zakharchenko VM, Baryshnikova NV, Balukova EV, L'niavina VM. [People and their symbiotic microflora: general biological aspects of the problem]. *Eksp Klin Gastroenterol* 2006: 38-42, 71 [PMID: 17203841]

4 **Bühling A**, Radun D, Müller WA, Malfertheiner P. Influence of anti-Helicobacter triple-therapy with metronidazole, omeprazole and clarithromycin on intestinal microflora. *Aliment Pharmacol Ther* 2001; **15**: 1445-1452 [PMID: 11552917 DOI: 10.1046/j.1365-2036.2001.01033.x]

5 **Iino C**, Shimoyama T. Impact of Helicobacter pylori infection on gut microbiota. *World J Gastroenterol* 2021; **27**: 6224-6230 [PMID: 34712028 DOI: 10.3748/wjg.v27.i37.6224]

6 **Ji J**, Yang H. Using Probiotics as Supplementation for Helicobacter pylori Antibiotic Therapy. *Int J Mol Sci* 2020; **21** [PMID: 32046317 DOI: 10.3390/ijms21031136]

7 **Abadi AT**, Mobarez AM, Tabrizi FH. Helicobacter pylori in the era of probiotics: a controversial application. *Saudi J Gastroenterol* 2013; **19**: 240-241 [PMID: 24045601 DOI: 10.4103/1319-3767.118140]

8 **Malfertheiner P**, Megraud F, O'Morain CA, Gisbert JP, Kuipers EJ, Axon AT, Bazzoli F, Gasbarrini A, Atherton J, Graham DY, Hunt R, Moayyedi P, Rokkas T, Rugge M, Selgrad M, Suerbaum S, Sugano K, El-Omar EM; European Helicobacter and Microbiota Study Group and Consensus panel. Management of Helicobacter pylori infection-the Maastricht V/Florence Consensus Report. *Gut* 2017; **66**: 6-30 [PMID: 27707777 DOI: 10.1136/gutjnl-2016-312288]

9 **Fallone CA**, Chiba N, van Zanten SV, Fischbach L, Gisbert JP, Hunt RH, Jones NL, Render C, Leontiadis GI, Moayyedi P, Marshall JK. The Toronto Consensus for the Treatment of Helicobacter pylori Infection in Adults. *Gastroenterology* 2016; **151**: 51-69.e14 [PMID: 27102658 DOI: 10.1053/j.gastro.2016.04.006]

10 **World Gastroenterology Organisation Global Guidelines**. Probiotics and prebiotics. [accessed 15.09.2022] February 2017. Available from: https://www.worldgastroenterology.org/UserFiles/file/guidelines/probiotics-and-prebiotics-english-2017.pdf

11 **Pihurov M**, Păcularu-Burada B, Cotârleţ M, Vasile MA, Bahrim GE. Novel Insights for Metabiotics Production by Using Artisanal Probiotic Cultures. *Microorganisms* 2021; **9** [PMID: 34835310 DOI: 10.3390/microorganisms9112184]

12 **Sharma M**, Shukla G. Metabiotics: One Step ahead of Probiotics; an Insight into Mechanisms Involved in Anticancerous Effect in Colorectal Cancer. *Front Microbiol* 2016; **7**: 1940 [PMID: 27994577 DOI: 10.3389/fmicb.2016.01940]

13 **Wu Y**, Dong XY, Zhou XZ, Li ZS, Du YQ. Effects of probiotics on gastric microbiota and its precombination with quadruple regimen for Helicobacter pylori eradication. *J Dig Dis* 2022; **23**: 462-472 [PMID: 36208049 DOI: 10.1111/1751-2980.13138]

14 **Igarashi M**, Nakae H, Matsuoka T, Takahashi S, Hisada T, Tomita J, Koga Y. Alteration in the gastric microbiota and its restoration by probiotics in patients with functional dyspepsia. *BMJ Open Gastroenterol* 2017; **4**: e000144 [PMID: 28761692 DOI: 10.1136/bmjgast-2017-000144]

15 **Yuan Z**, Xiao S, Li S, Suo B, Wang Y, Meng L, Liu Z, Yin Z, Xue Y, Zhou L. The impact of Helicobacter pylori infection, eradication therapy, and probiotics intervention on gastric microbiota in young adults. *Helicobacter* 2021; **26**: e12848 [PMID: 34448282 DOI: 10.1111/hel.12848]

16 **He C**, Xie Y, Zhu Y, Zhuang K, Huo L, Yu Y, Guo Q, Shu X, Xiong Z, Zhang Z, Lyu B, Lu N. Probiotics modulate gastrointestinal microbiota after Helicobacter pylori eradication: A multicenter randomized double-blind placebo-controlled trial. *Front Immunol* 2022; **13**: 1033063 [PMID: 36426355 DOI: 10.3389/fimmu.2022.1033063]

17 **Chen MJ**, Chen CC, Huang YC, Tseng CC, Hsu JT, Lin YF, Fang YJ, Wu MS, Liou JM; Taiwan Gastrointestinal Disease, Helicobacter Consortium. The efficacy of Lactobacillus acidophilus and rhamnosus in the reduction of bacterial load of Helicobacter pylori and modification of gut microbiota-a double-blind, placebo-controlled, randomized trial. *Helicobacter* 2021; **26**: e12857 [PMID: 34708471 DOI: 10.1111/hel.12857]

18 **Oh B**, Kim BS, Kim JW, Kim JS, Koh SJ, Kim BG, Lee KL, Chun J. The Effect of Probiotics on Gut Microbiota during the Helicobacter pylori Eradication: Randomized Controlled Trial. *Helicobacter* 2016; **21**: 165-174 [PMID: 26395781 DOI: 10.1111/hel.12270]

19 **Tang B**, Tang L, Huang C, Tian C, Chen L, He Z, Yang G, Zuo L, Zhao G, Liu E, Wang S, Lin H, He J, Yang S. The Effect of Probiotics Supplementation on Gut Microbiota After Helicobacter pylori Eradication: A Multicenter Randomized Controlled Trial. *Infect Dis Ther* 2021; **10**: 317-333 [PMID: 33270205 DOI: 10.1007/s40121-020-00372-9]

20 **Nabavi-Rad A**, Sadeghi A, Asadzadeh Aghdaei H, Yadegar A, Smith SM, Zali MR. The double-edged sword of probiotic supplementation on gut microbiota structure in Helicobacter pylori management. *Gut Microbes* 2022; **14**: 2108655 [PMID: 35951774 DOI: 10.1080/19490976.2022.2108655]

21 **Hu J**, Tian X, Wei T, Wu H, Lu J, Lyu M, Wang S. Anti-Helicobacter pylori Activity of a Lactobacillus sp. PW-7 Exopolysaccharide. *Foods* 2021; **10** [PMID: 34681500 DOI: 10.3390/foods10102453]

22 **Kim TS**, Hur JW, Yu MA, Cheigh CI, Kim KN, Hwang JK, Pyun YR. Antagonism of Helicobacter pylori by bacteriocins of lactic acid bacteria. *J Food Prot* 2003; **66**: 3-12 [PMID: 12540174 DOI: 10.4315/0362-028x-66.1.3]

23 **Widelski J**, Okińczyc P, Paluch E, Mroczek T, Szperlik J, Żuk M, Sroka Z, Sakipova Z, Chinou I, Skalicka-Woźniak K, Malm A, Korona-Głowniak I. The Antimicrobial Properties of Poplar and Aspen-Poplar Propolises and Their Active Components against Selected Microorganisms, including Helicobacter pylori. *Pathogens* 2022; **11** [PMID: 35215134 DOI: 10.3390/pathogens11020191]

24 **Lee NK**, Kim WS, Paik HD. Bacillus strains as human probiotics: characterization, safety, microbiome, and probiotic carrier. *Food Sci Biotechnol* 2019; **28**: 1297-1305 [PMID: 31695928 DOI: 10.1007/s10068-019-00691-9]

25 **Hanchi H**, Mottawea W, Sebei K, Hammami R. The Genus Enterococcus: Between Probiotic Potential and Safety Concerns-An Update. *Front Microbiol* 2018; **9**: 1791 [PMID: 30123208 DOI: 10.3389/fmicb.2018.01791]

26 **Ferchichi M**, Sebei K, Boukerb AM, Karray-Bouraoui N, Chevalier S, Feuilloley MGJ, Connil N, Zommiti M. Enterococcus spp.: Is It a Bad Choice for a Good Use-A Conundrum to Solve? *Microorganisms* 2021; **9** [PMID: 34835352 DOI: 10.3390/microorganisms9112222]

27 **Goderska K**, Agudo Pena S, Alarcon T. Helicobacter pylori treatment: antibiotics or probiotics. *Appl Microbiol Biotechnol* 2018; **102**: 1-7 [PMID: 29075827 DOI: 10.1007/s00253-017-8535-7]

28 **Gotteland M**, Brunser O, Cruchet S. Systematic review: are probiotics useful in controlling gastric colonization by Helicobacter pylori? *Aliment Pharmacol Ther* 2006; **23**: 1077-1086 [PMID: 16611267 DOI: 10.1111/j.1365-2036.2006.02868.x]

29 **Caramia G**. [Probiotics: from Metchnikoff to the current preventive and therapeutic possibilities]. *Pediatr Med Chir* 2004; **26**: 19-33 [PMID: 15529809]

30 **Limdi JK**, O'Neill C, McLaughlin J. Do probiotics have a therapeutic role in gastroenterology? *World J Gastroenterol* 2006; **12**: 5447-5457 [PMID: 17006980 DOI: 10.3748/wjg.v12.i34.5447]

31 **McFarland LV**, Huang Y, Wang L, Malfertheiner P. Systematic review and meta-analysis: Multi-strain probiotics as adjunct therapy for Helicobacter pylori eradication and prevention of adverse events. *United European Gastroenterol J* 2016; **4**: 546-561 [PMID: 27536365 DOI: 10.1177/2050640615617358]

32 **Tong JL**, Ran ZH, Shen J, Zhang CX, Xiao SD. Meta-analysis: the effect of supplementation with probiotics on eradication rates and adverse events during Helicobacter pylori eradication therapy. *Aliment Pharmacol Ther* 2007; **25**: 155-168 [PMID: 17229240 DOI: 10.1111/j.1365-2036.2006.03179.x]

33 **Lü M**, Yu S, Deng J, Yan Q, Yang C, Xia G, Zhou X. Efficacy of Probiotic Supplementation Therapy for Helicobacter pylori Eradication: A Meta-Analysis of Randomized Controlled Trials. *PLoS One* 2016; **11**: e0163743 [PMID: 27723762 DOI: 10.1371/journal.pone.0163743]

34 **Wang F**, Feng J, Chen P, Liu X, Ma M, Zhou R, Chang Y, Liu J, Li J, Zhao Q. Probiotics in Helicobacter pylori eradication therapy: Systematic review and network meta-analysis. *Clin Res Hepatol Gastroenterol* 2017; **41**: 466-475 [PMID: 28552432 DOI: 10.1016/j.clinre.2017.04.004]

35 **Feng JR**, Wang F, Qiu X, McFarland LV, Chen PF, Zhou R, Liu J, Zhao Q, Li J. Efficacy and safety of probiotic-supplemented triple therapy for eradication of Helicobacter pylori in children: a systematic review and network meta-analysis. *Eur J Clin Pharmacol* 2017; **73**: 1199-1208 [PMID: 28681177 DOI: 10.1007/s00228-017-2291-6]

36 **Baryshnikova NV**. Helicobacter pylori-associated gastroenterological diseases: genetic features and probiotic treatment. *Benef Microbes* 2012; **3**: 157-161 [PMID: 22683837 DOI: 10.3920/BM2011.0023]

37 **Cremonini F**, Di Caro S, Nista EC, Bartolozzi F, Capelli G, Gasbarrini G, Gasbarrini A. Meta-analysis: the effect of probiotic administration on antibiotic-associated diarrhoea. *Aliment Pharmacol Ther* 2002; **16**: 1461-1467 [PMID: 12182746 DOI: 10.1046/j.1365-2036.2002.01318.x]

38 **Canducci F**, Cremonini F, Armuzzi A, Di Caro S, Gabrielli M, Santarelli L, Nista E, Lupascu A, De Martini D, Gasbarrini A. Probiotics and Helicobacter pylori eradication. *Dig Liver Dis* 2002; **34** Suppl 2: S81-S83 [PMID: 12408448 DOI: 10.1016/s1590-8658(02)80172-4]

39 **Di Mario F**, Cavallaro LG, Scarpignato C. 'Rescue' therapies for the management of Helicobacter pylori infection. *Dig Dis* 2006; **24**: 113-130 [PMID: 16699270 DOI: 10.1159/000090315]

40 **de Bortoli N**, Leonardi G, Ciancia E, Merlo A, Bellini M, Costa F, Mumolo MG, Ricchiuti A, Cristiani F, Santi S, Rossi M, Marchi S. Helicobacter pylori eradication: a randomized prospective study of triple therapy *vs* triple therapy plus lactoferrin and probiotics. *Am J Gastroenterol* 2007; **102**: 951-956 [PMID: 17313499 DOI: 10.1111/j.1572-0241.2007.01085.x]

41 **Tursi A**, Elisei W, Brandimarte G, Giorgetti GM, Modeo ME, Aiello F. Effect of lactoferrin supplementation on the effectiveness and tolerability of a 7-day quadruple therapy after failure of a first attempt to cure Helicobacter pylori infection. *Med Sci Monit* 2007; **13**: CR187-CR190 [PMID: 17392649]

42 **Sheu BS**, Cheng HC, Kao AW, Wang ST, Yang YJ, Yang HB, Wu JJ. Pretreatment with Lactobacillus- and Bifidobacterium-containing yogurt can improve the efficacy of quadruple therapy in eradicating residual Helicobacter pylori infection after failed triple therapy. *Am J Clin Nutr* 2006; **83**: 864-869 [PMID: 16600940 DOI: 10.1093/ajcn/83.4.864]

43 **Chang YW**, Park YM, Oh CH, Oh SJ, Cho JH, Kim JW, Jang JY. Effects of probiotics or broccoli supplementation on Helicobacter pylori eradication with standard clarithromycin-based triple therapy. *Korean J Intern Med* 2020; **35**: 574-581 [PMID: 31830776 DOI: 10.3904/kjim.2019.139]

44 **Grgov S**, Tasić T, Radovanović-Dinić B, Benedeto-Stojanov D. Can probiotics improve efficiency and safety profile of triple Helicobacter pylori eradication therapy? A prospective randomized study. *Vojnosanit Pregl* 2016; **73**: 1044-1049 [PMID: 29328644 DOI: 10.2298/VSP150415127G]

45 **Viazis N**, Argyriou K, Kotzampassi K, Christodoulou DK, Apostolopoulos P, Georgopoulos SD, Liatsos C, Giouleme O, Koustenis K, Veretanos C, Stogiannou D, Moutzoukis M, Poutakidis C, Mylonas II, Tseti I, Mantzaris GJ. A Four-Probiotics Regimen Combined with A Standard Helicobacter pylori-Eradication Treatment Reduces Side Effects and Increases Eradication Rates. *Nutrients* 2022; **14** [PMID: 35276991 DOI: 10.3390/nu14030632]

46 **Srinarong C**, Siramolpiwat S, Wongcha-um A, Mahachai V, Vilaichone RK. Improved eradication rate of standard triple therapy by adding bismuth and probiotic supplement for Helicobacter pylori treatment in Thailand. *Asian Pac J Cancer Prev* 2014; **15**: 9909-9913 [PMID: 25520127 DOI: 10.7314/apjcp.2014.15.22.9909]

47 **Hauser G**, Salkic N, Vukelic K, JajacKnez A, Stimac D. Probiotics for standard triple Helicobacter pylori eradication: a randomized, double-blind, placebo-controlled trial. *Medicine (Baltimore)* 2015; **94**: e685 [PMID: 25929897 DOI: 10.1097/MD.0000000000000685]

48 **McNicholl AG**, Molina-Infante J, Lucendo AJ, Calleja JL, Pérez-Aisa Á, Modolell I, Aldeguer X, Calafat M, Comino L, Ramas M, Callejo Á, Badiola C, Serra J, Gisbert JP. Probiotic supplementation with Lactobacillus plantarum and Pediococcus acidilactici for Helicobacter pylori therapy: A randomized, double-blind, placebo-controlled trial. *Helicobacter* 2018; **23**: e12529 [PMID: 30141228 DOI: 10.1111/hel.12529]

49 **Tongtawee T**, Dechsukhum C, Leeanansaksiri W, Kaewpitoon S, Kaewpitoon N, Loyd RA, Matrakool L, Panpimanmas S. Effect of Pretreatment with Lactobacillus delbrueckii and Streptococcus thermophillus on Tailored Triple Therapy for Helicobacter pylori Eradication: A Prospective Randomized Controlled Clinical Trial. *Asian Pac J Cancer Prev* 2015; **16**: 4885-4890 [PMID: 26163609 DOI: 10.7314/apjcp.2015.16.12.4885]

50 **Shavakhi A**, Tabesh E, Yaghoutkar A, Hashemi H, Tabesh F, Khodadoostan M, Minakari M, Shavakhi S, Gholamrezaei A. The effects of multistrain probiotic compound on bismuth-containing quadruple therapy for Helicobacter pylori infection: a randomized placebo-controlled triple-blind study. *Helicobacter* 2013; **18**: 280-284 [PMID: 23433200 DOI: 10.1111/hel.12047]

51 **Wang YH**, Huang Y. Effect of Lactobacillus acidophilus and Bifidobacterium bifidum supplementation to standard triple therapy on Helicobacter pylori eradication and dynamic changes in intestinal flora. *World J Microbiol Biotechnol* 2014; **30**: 847-853 [PMID: 24233772 DOI: 10.1007/s11274-013-1490-2]

52 **Navarro-Rodriguez T**, Silva FM, Barbuti RC, Mattar R, Moraes-Filho JP, de Oliveira MN, Bogsan CS, Chinzon D, Eisig JN. Association of a probiotic to a Helicobacter pylori eradication regimen does not increase efficacy or decreases the adverse effects of the treatment: a prospective, randomized, double-blind, placebo-controlled study. *BMC Gastroenterol* 2013; **13**: 56 [PMID: 23530767 DOI: 10.1186/1471-230X-13-56]

53 **Tolone S**, Pellino V, Vitaliti G, Lanzafame A, Tolone C. Evaluation of Helicobacter Pylori eradication in pediatric patients by triple therapy plus lactoferrin and probiotics compared to triple therapy alone. *Ital J Pediatr* 2012; **38**: 63 [PMID: 23114016 DOI: 10.1186/1824-7288-38-63]

54 **Çekin AH**, Şahintürk Y, Akbay Harmandar F, Uyar S, Yolcular BO, Çekin Y. Use of probiotics as an adjuvant to sequential H. pylori eradication therapy: impact on eradication rates, treatment resistance, treatment-related side effects, and patient compliance. *Turk J Gastroenterol* 2017; **28**: 3-11 [PMID: 28007678 DOI: 10.5152/tjg.2016.0278]

55 **Dajani AI**, Abu Hammour AM, Yang DH, Chung PC, Nounou MA, Yuan KY, Zakaria MA, Schi HS. Do probiotics improve eradication response to Helicobacter pylori on standard triple or sequential therapy? *Saudi J Gastroenterol* 2013; **19**: 113-120 [PMID: 23680708 DOI: 10.4103/1319-3767.111953]

56 **Poonyam P**, Chotivitayatarakorn P, Vilaichone RK. High Effective of 14-Day High-Dose PPI- Bismuth-Containing Quadruple Therapy with Probiotics Supplement for Helicobacter Pylori Eradication: A Double Blinded-Randomized Placebo-Controlled Study. *Asian Pac J Cancer Prev* 2019; **20**: 2859-2864 [PMID: 31554388 DOI: 10.31557/APJCP.2019.20.9.2859]

57 **Yang C**, Liang L, Lv P, Liu L, Wang S, Wang Z, Chen Y. Effects of non-viable Lactobacillus reuteri combining with 14-day standard triple therapy on Helicobacter pylori eradication: A randomized double-blind placebo-controlled trial. *Helicobacter* 2021; **26**: e12856 [PMID: 34628695 DOI: 10.1111/hel.12856]

58 **Zhu XL**, Liu Z, Wu ZQ, Li D, Jiang AP, Yu GX. [Clinical effects of different therapeutic regimens for Helicobacter pylori infection in children]. *Zhongguo Dang Dai Er Ke Za Zhi* 2017; **19**: 672-676 [PMID: 28606235 DOI: 10.7499/j.issn.1008-8830.2017.06.012]

59 **Francavilla R**, Polimeno L, Demichina A, Maurogiovanni G, Principi B, Scaccianoce G, Ierardi E, Russo F, Riezzo G, Di Leo A, Cavallo L, Francavilla A, Versalovic J. Lactobacillus reuteri strain combination in Helicobacter pylori infection: a randomized, double-blind, placebo-controlled study. *J Clin Gastroenterol* 2014; **48**: 407-413 [PMID: 24296423 DOI: 10.1097/MCG.0000000000000007]

60 **Moreno Márquez C**, Fernández Álvarez P, Valdés Delgado T, Castro Laria L, Argüelles Arias F, Caunedo Álvarez Á, Gómez Rodríguez BJ. Randomized, double-blind, placebo-controlled clinical trial on the usefulness of probiotic Lactobacillus reuteri in bismuth-containing quadruple eradication therapy for infection with Helicobacter pylori. *Rev Esp Enferm Dig* 2022; **114**: 89-95 [PMID: 33947195 DOI: 10.17235/reed.2021.7931/2021]

61 **Du YQ**, Su T, Fan JG, Lu YX, Zheng P, Li XH, Guo CY, Xu P, Gong YF, Li ZS. Adjuvant probiotics improve the eradication effect of triple therapy for Helicobacter pylori infection. *World J Gastroenterol* 2012; **18**: 6302-6307 [PMID: 23180952 DOI: 10.3748/wjg.v18.i43.6302]

62 **Naghibzadeh N,** Salmani F, Nomiri S, Tavakoli T. Investigating the effect of quadruple therapy with Saccharomyces boulardii or Lactobacillus reuteri strain (DSMZ 17648) supplements on eradication of Helicobacter pylori and treatments adverse effects: a double-blind placebo-controlled randomized clinical trial. *BMC Gastroenterol*. 2022; **22(1)**: 107 [PMID: 35255819 DOI: 10.1186/s12876-022-02187-z]

63 **Seddik H**, Boutallaka H, Elkoti I, Nejjari F, Berraida R, Berrag S, Loubaris K, Sentissi S, Benkirane A. Saccharomyces boulardii CNCM I-745 plus sequential therapy for Helicobacter pylori infections: a randomized, open-label trial. *Eur J Clin Pharmacol* 2019; **75**: 639-645 [PMID: 30694338 DOI: 10.1007/s00228-019-02625-0]

64 **He CX**, Kong FT, Liang F, Wang KX, Li H, Liu YL, Zhao W, Zhou PP, Kong FL. [Influence of different timing of Saccharomyces boulardii combined with bismuth quadruple therapy for Helicobacter pylori eradication]. *Zhonghua Yi Xue Za Zhi* 2019; **99**: 1731-1734 [PMID: 31216821 DOI: 10.3760/cma.j.issn.0376-2491.2019.22.010]

65 **Zhao HM**, Ou-Yang HJ, Duan BP, Xu B, Chen ZY, Tang J, You JY. [Clinical effect of triple therapy combined with Saccharomyces boulardii in the treatment of Helicobacter pylori infection in children]. *Zhongguo Dangdai Erke Zazhi* 2014; **16**: 230-233 [PMID: 24661511]

66 **Uspenskiy Y,** Baryshnikova N. Lactobacillus reuteri against *Helicobacter pylori*: efficacy *in vitro* и *in vivo*. *Vrach* 2019; **12**: 37-42 [DOI: 10.29296/25877305-2019-12-10]

67 **Vandenplas Y**, Veereman-Wauters G, De Greef E, Peeters S, Casteels A, Mahler T, Devreker T, Hauser B. Probiotics and prebiotics in prevention and treatment of diseases in infants and children. *J Pediatr (Rio J)* 2011; **87**: 292-300 [PMID: 21769417 DOI: 10.2223/JPED.2103]

68 **Dore MP**, Cuccu M, Pes GM, Manca A, Graham DY. Lactobacillus reuteri in the treatment of Helicobacter pylori infection. *Intern Emerg Med* 2014; **9**: 649-654 [PMID: 24178436 DOI: 10.1007/s11739-013-1013-z]

69 **Dore MP**, Bibbò S, Pes GM, Francavilla R, Graham DY. Role of Probiotics in Helicobacter pylori Eradication: Lessons from a Study of Lactobacillus reuteri Strains DSM 17938 and ATCC PTA 6475 (Gastrus®) and a Proton-Pump Inhibitor. *Can J Infect Dis Med Microbiol* 2019; **2019**: 3409820 [PMID: 31065301 DOI: 10.1155/2019/3409820]

70 **Holz C**, Busjahn A, Mehling H, Arya S, Boettner M, Habibi H, Lang C. Significant Reduction in Helicobacter pylori Load in Humans with Non-viable Lactobacillus reuteri DSM17648: A Pilot Study. *Probiotics Antimicrob Proteins* 2015; **7**: 91-100 [PMID: 25481036 DOI: 10.1007/s12602-014-9181-3]

71 **Mehling H**, Busjahn A. Non-viable Lactobacillus reuteri DSMZ 17648 (Pylopass™) as a new approach to Helicobacter pylori control in humans. *Nutrients* 2013; **5**: 3062-3073 [PMID: 23917169 DOI: 10.3390/nu5083062]

72 **Bordin DS**, Voynovan IN, Kolbasnikov SV. Evidence base of lactobacillus reuteri efficacy in the treatment of diseases associated with helicobacter pylori. *Eksp Klin Gastroenterol* 2016: 82-87 [PMID: 29874441]

73 **Rosania R**, Minenna MF, Giorgio F, Facciorusso A, De Francesco V, Hassan C, Panella C, Ierardi E. Probiotic multistrain treatment may eradicate Helicobacter pylori from the stomach of dyspeptics: a placebo-controlled pilot study. *Inflamm Allergy Drug Targets* 2012; **11**: 244-249 [PMID: 22452604 DOI: 10.2174/187152812800392698]

74 **Forooghi Nia F**, Rahmati A, Ariamanesh M, Saeidi J, Ghasemi A, Mohtashami M. The Anti-Helicobacter pylori effects of Limosilactobacillus reuteri strain 2892 isolated from Camel milk in C57BL/6 mice. *World J Microbiol Biotechnol*. 2023; **39(5):** 119. [PMID: 36918449 DOI: 10.1007/s11274-023-03555-x]

75 **Yoon JY**, Cha JM, Hong SS, Kim HK, Kwak MS, Jeon JW, Shin HP. Fermented milk containing Lactobacillus paracasei and Glycyrrhiza glabra has a beneficial effect in patients with Helicobacter pylori infection: A randomized, double-blind, placebo-controlled study. *Medicine (Baltimore)* 2019; **98**: e16601 [PMID: 31464895 DOI: 10.1097/MD.0000000000016601]

76 **Zhang J**, Guo J, Li D, Chen M, Liu J, Feng C, He Q, Zhao J, Zhang L, Chen J, Shi Y. The efficacy and safety of Clostridium butyricum and Bacillus coagulans in Helicobacter pylori eradication treatment: An open-label, single-arm pilot study. *Medicine (Baltimore)* 2020; **99**: e22976 [PMID: 33157939 DOI: 10.1097/MD.0000000000022976]

77 **Lee CY**, Shih HC, Yu MC, Lee MY, Chang YL, Lai YY, Lee YC, Kuan YH, Lin CC. Evaluation of the potential inhibitory activity of a combination of L. acidophilus, L. rhamnosus and L. sporogenes on Helicobacter pylori: A randomized double-blind placebo-controlled clinical trial. *Chin J Integr Med* 2017; **23**: 176-182 [PMID: 27761791 DOI: 10.1007/s11655-016-2531-0]

78 **Qu P**, Liu X, Xia X, Xie X, Luo J, Cheng S, Chi J, Liu P, Li H, Zhao W, Yang H, Xu C. Saccharomyces boulardii Allows Partial Patients to Avoid Reusing Bismuth Quadruple for Helicobacter pylori Rescue Therapy: A Single-Center Randomized Controlled Study. *Front Cell Infect Microbiol* 2022; **12**: 903002 [PMID: 35880079 DOI: 10.3389/fcimb.2022.903002]

79 **Boltin D**. Probiotics in Helicobacter pylori-induced peptic ulcer disease. *Best Pract Res Clin Gastroenterol* 2016; **30**: 99-109 [PMID: 27048901 DOI: 10.1016/j.bpg.2015.12.003]

80 **Pacifico L**, Osborn JF, Bonci E, Romaggioli S, Baldini R, Chiesa C. Probiotics for the treatment of Helicobacter pylori infection in children. *World J Gastroenterol* 2014; **20**: 673-683 [PMID: 24574741 DOI: 10.3748/wjg.v20.i3.673]

81 **Losurdo G**, Cubisino R, Barone M, Principi M, Leandro G, Ierardi E, Di Leo A. Probiotic monotherapy and Helicobacter pylori eradication: A systematic review with pooled-data analysis. *World J Gastroenterol* 2018; **24**: 139-149 [PMID: 29358890 DOI: 10.3748/wjg.v24.i1.139]

82 **Penumetcha SS**, Ahluwalia S, Irfan R, Khan SA, Rohit Reddy S, Vasquez Lopez ME, Zahid M, Busmail A, Mohammed L. The Efficacy of Probiotics in the Management of Helicobacter Pylori: A Systematic Review. *Cureus* 2021; **13**: e20483 [PMID: 35047301 DOI: 10.7759/cureus.20483]

83 **Baryshnikova NV,** Uspenskiy YP, Svarval AV, Zhebrun AB, Ferman RS, Suvorov AN. Efficacy of different pro-biotics as antihelicobacter medications *in vitro*. *Helicobacter* 2014; **19**: 156

84 **Baryshnikova N,** Ermolenko E, Svarval A, Ferman R, Colobov A, Alechina G, Roshina N, Uspenskiy Y, Haertlé T, Suvorov A. Enterococcus faecium L-3 in Eradication of Helicobacter pylori: In-vivo and In-vitro. *Int J Clin Med Microbiol* 2017; **2:** 123 [DOI: 10.15344/2456-4028/2017/123]

85 **Shenderov BA,** Manvelova MA. Method of obtaining an autoprobiotic containing live bifidobacteria and lactobacilli. Patent for the invention. [accessed 17.07.2022] 1999. Available from: https://www.freepatent.ru/patents/2139070

86 **Suvorov A**, Karaseva A, Kotyleva M, Kondratenko Y, Lavrenova N, Korobeynikov A, Kozyrev P, Kramskaya T, Leontieva G, Kudryavtsev I, Guo D, Lapidus A, Ermolenko E. Autoprobiotics as an Approach for Restoration of Personalised Microbiota. *Front Microbiol* 2018; **9**: 1869 [PMID: 30258408 DOI: 10.3389/fmicb.2018.01869]

87 **Shenderov BA.** Probiotics and functional foods, Food Engineering, Eolss Publishers, Oxford, 2011

88 **Tsapieva AN,** Borovkova EA, Karaseva AB, Alieva EV, Suvorov AN. Development of a method for identification of indigenous intestinal lactobacilli in the creation of autoprobiotics. *Voprosy detskoy dietologii* 2019; **17**: 52-59 [DOI: 10.20953/1727-5784-2019-3-52-59]

89 **Ermolenko EI,** Molostova AS, Baryshnikova NV, Svarval AV, Gladyshev NS, Kashchenko VA, Suvorov AN. The clinical effectiveness of probiotics and autoprobiotics in treatment of Helicobacter pylori-associated dyspepsia. *Russian Journal of Infection and Immunity* 2022; **12**: 726–734 [DOI: 10.15789/2220-7619-TCE-1927]

90 **Ermolenko EI,** Abdurasulova IN, Kotyleva MP, Svirido DA, Matsulevich AV, Karaseva AB. Effects of Indigenous Enterococci on the Intestinal Microbiota and the Behavior of Rats on Correction of Experimental Dysbiosis. *Neuroscience and Behavioral Physiology* 2018, **48**: 496–505 [DOI: 10.1007/s11055-018-0591-7]

91 **Suvorov A.** Gut microbiota, probiotics, and human health. *Biosci Microbiota Food Health* 2013; **32:** 81-91 [DOI: 10.12938/bmfh.32.81]

92 **Borovkova EA,** Alieva EV. Microbiological examination of the microflora of the large intestine for dysbiosis in assessing the effectiveness of autoprobiotic therapy. *Natural and technical sciences* 2020; **8:** 24-33

93 **Suvorov A,** Simanenkov V, Gromova L, Kolodjieva V, Tsapieva A, Chernish A, Solovieva O, Ermolenko E. 2011. Enter-ococci as probiotics or autoprobiotics. In Prebiotics and probiotics potential for human health, Ivanova I (editor), Paisi Hilendarski, Sofia, 104-112

94 **Il'in VK**, Suvorov AN, Kiriukhina NV, Usanova NA, Starkova LV, Boiarintsev VV, Karaseva AB. [Autochthonous probiotics in prevention of infectious and inflammatory diseases of a human in the altered habitats]. *Vestn Ross Akad Med Nauk* 2013: 56-62 [PMID: 23819330 DOI: 10.15690/vramn.v68i2.550]

95 **Ermolenko EI,** Molostova AS, Tsapieva AN, Alekhina GG, Karaseva AB, Gladyshev NS, Suvorov AN, Barysh-nikova NV. Method for monotherapy of gastritis associated with helicobacter pylori infection. [accessed 17.07.2022]. Patent RU2758246C1. 2020. Available from: https://patents.google.com/patent/RU2758246C1/en

**Footnotes**

**Conflict-of-interest statement:** The authors declare no conflict of interest for this article.

**Open-Access:** This article is an open-access article that was selected by an in-house editor and fully peer-reviewed by external reviewers. It is distributed in accordance with the Creative Commons Attribution NonCommercial (CC BY-NC 4.0) license, which permits others to distribute, remix, adapt, build upon this work non-commercially, and license their derivative works on different terms, provided the original work is properly cited and the use is non-commercial. See: https://creativecommons.org/Licenses/by-nc/4.0/

**Provenance and peer review:** Invited article; Externally peer reviewed.

**Peer-review model:** Single blind

**Peer-review started:** March 22, 2023

**First decision:** April 8, 2023

**Article in press:** June 21, 2023

**Specialty type:** Gastroenterology and hepatology

**Country/Territory of origin:** Saint Kitts and Nevis

**Peer-review report’s scientific quality classification**

Grade A (Excellent): 0

Grade B (Very good): B, B

Grade C (Good): 0

Grade D (Fair): 0

Grade E (Poor): 0

**P-Reviewer:** Hu Y, China; Nikolić M, Croatia **S-Editor:** Ma YJ **L-Editor:** Wang TQ **P-Editor:** Ma YJ

**Figure Legends**

 

**Figure 1 Probiotics: Possible mechanisms of action against *Helicobacter pylori.***

**Table 1 Probiotics plus eradication therapy: Assessment of probiotic action against *H. pylori:* Results for multi-strain probiotics (symbiotics)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Ref.** | **Patient** **characteristics** | **Type of eradication therapy**  | **Type of probiotic** | **Results** |
| Grgov *et al*[44], 2016 | 167 patients with dyspeptic symptoms and chronic gastritis who were diagnosed with *H. pylori* infection | 7-d triple eradication therapy with lansoprazole continued within 4 wk | Probiotic cultures in the form of a capsule comprising *Lactobacillus Rosell-*52*, Lactobacillus* Rosell-11*, Bifidobacterium* Rosell-1755, and *Saccharomyces boulardii* | (1) Eradication rate in probiotic group-93.3%, in placebo group-81.8% (*P* < 0.05); (2) The incidence of adverse effects in probiotic group –17.7%, in placebo group-28.6% |
| Viazis *et al*[45], 2022 | 329 patients in probiotic group and 335 patients in placebo group | 10-d proton pump inhibitor containing non-bismuth quadruple therapeutic regimen | The probiotics used combined four probiotic strains, *i.e.,* *Lactobacillus Acidophilus, Lactiplantibacillus plantarum, Bifidobacterium lactis,* and *Saccharomyces boulardii.* | (1) Eradication rate in probiotic group-92.0%, in placebo group-86.8% (*P* = 0.028); (2) Probiotics significantly decrease side effects |
| Srinarong *et al*[46], 2014 | 100 patients (25 each receiving 7- and 14-d regimens with probiotic or placebo) | 7-d and 14-d standard triple therapy plus bismuth | Probiotic bacteria composed of *Bifidobacteriumlactis, Lactobacillus acidophilus*, and *Lactobacillus paracasei* | (1) Eradication rates of 7- or 14 d regimens with probiotics were 100%; (2) The incidence of bitter taste was significantly lower in the probiotic group compared with placebo (40% *vs* 64%; *P* = 0.04) |
| Hauser *et al*[47], 2015 | 650 patients | Standard triple eradication therapy | *Lactobacillus rhamnosus* GG (LGG®) and *Bifidobacterium* (BB-12®) at a concentration of 108 to 1010 living bacteria | (1) Eradication rate: Probiotics *vs* placebo-87.38% *vs* 72.55%; *P* < 0.001; (2) Adding probiotics to the standard triple therapy distinctly decreases the adverse effects of therapy |
| McNicholl *et al*[48], 2018 | 209 *H. pylori* positive patients | 33% triple therapy, 66% non-bismuth quadruple therapy | 1 × 109 colony-forming units each strain, *Lactobacillus plantarum* and *Pediococcus acidilactici* | Probiotic supplementation containing *Lactobacillus Plantarum* and *Pediococcus acidilactici* to *H. pylori* treatment neither decreased side effects nor improved compliance with therapy or eradication rates |
| Tongtawee *et al*[49], 2015 | 200 infected patients | Tailored triple therapy | Pretreatment with probiotics (*Lactobacillus delbrueckii* and *Streptococcus thermophillus*) containing yogurt | (1) Eradication rate in probiotic group-90.8%, in placebo group-84.3% (*P* = 0.04); (2) Adding probiotics does not reduce adverse effects of the medication |
| Shavakhi *et al*[50], 2013 | 84 patients in the probiotic and 86 in the placebo group | Bismuth-containing quadruple therapy | Probiotic compound contained seven bacterial species including *Lactobacillus*, *Bifidobacterium* spp., and *Streptococcus thermophiles* | (1) Eradication rate in probiotic group-82.1%, in placebo group-81.1% (*P* = 0.392); (2) Diarrhea was less frequent (2.2 *vs* 11.1%, *P* = 0.016), while abdominal pain was more frequent (10 *vs* 2.2%, *P* = 0.029) in the probiotic group |
| Wang *et al*[51], 2014 | 88 *H. pylori*-infected children: Treatment group (*n* = 43), control group (*n* = 45) | Standard triple therapy | *Lactobacillus acidophilus* and *Bifidobacterium bifidum* | The eradication rate in probiotic group - 83.7, in placebo group-64.4 % (*P* < 0.05) |
| Navarro-Rodriguez *et al*[52], 2013 | 107 patients: 55 patients with active probiotics and 52 with placebo | 7-d furazolidone, tetracycline, and lansoprazole regimen | *Lactobacillus acidophilus,* *Lactobacillus rhamnosus,* *Bifidobacterium bifidum,* and *Streptococcus faecium* twice a day for 30 d | (1) The eradication rate with probiotics was 89.8% and with placebo, 85.1% (*P* = 0.49); (2) The rate of adverse effects at 7 d with probiotics was 59.3% and 71.2% with placebo (*P* = 0.20) |
| Tolone *et al*[53], 2012  | 68 histopathologically proven *H. pylori*-infected children | Standard triple therapy | *Lactobacillus plantarum* 5 *×* 109*, L. reuterii* 2 *×* 109*, L. casei subsp. Rhamnosus* 2 *×* 109*, Bifidobacterium infantis* and *B. longum 2 ×* 109*, L. salivarius* 109*, L. acidophilus* 109*, Streptococcus termophilus* 5 × 109*,* and *L. sporogenes* 109 | (1) The eradication rate with probiotics was 88.2% and without probiotics 76,4% (*P* = 0.1); (2) The addition of a probiotic formula to triple therapy significantly decreased the frequency of epigastric pain, nausea, vomiting, and diarrhea |

**Table 2 Probiotics plus eradication therapy: Assessment of probiotic action against *H. pylori:* Results for *Bifidobacterium spp.* probiotics**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Ref.** | **Patient** **characteristics** | **Type of eradication therapy**  | **Type of probiotic** | **Results** |
| Çekin *et al*[54], 2017 | 159 patients with *H. pylori* infection | 14-d sequential *H. pylori* eradication therapy | *Bifidobacterium animalis subsp. lactis* B94 1 capsule/d | (1) Eradication rates in the probiotic group/placebo group were 86.8% *vs* 70.8%, *P* = 0.025; (2) Lower first week diarrhea; (3) Less common self-reported side effects and higher treatment compliance |
| Dajani *et al*[55], 2013 | 377 patients | Standard triple therapy, sequential treatment | *Bifidus infantis* 2036 at 30 × 108 colony-forming units twice daily | Eradication rate: Standard therapy-68.9%, probiotic with triple therapy- 83%, pre-treatment before triple therapy-90.5%, probiotic with sequential therapy-90.8% (*P* < 0.05) |

**Table 3 Probiotics plus eradication therapy: Assessment of probiotic action against *H. pylori:* Results for *Lactobacillus spp.* probiotics**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Ref.** | **Patient** **characteristics** | **Type of eradication therapy**  | **Type of probiotic** | **Results** |
| Poonyam *et al*[56], 2019  | 100 subjects were enrolled (72 females, 28 males, mean age = 54 years) | PPI and bismuth-containing quadruple therapy | *Lactobacillus reuteri* (Biogaia®) in tablets twice daily | (1) Eradication rates with probiotic/placebo were 68%/72% of 7-d regimens and 96%/88% of 14-d regimens; (2) The incidence of adverse effects was significantly lower in patients in probiotics group |
| Yang *et al*[57], 2021 | 200 treatment-naive *H. pylori*-positive adult patients | 14-d standard triple therapy | *Lactobacillus reuteri* DSM17648 | (1) Eradication rate in the probiotic group - 81.8%, in placebo group-83.7% (*P* = 0.730); (2) Probiotic helps improve the microbial profile and reduce the frequency of abdominal distention and diarrhea |
| Zhu *et al*[58], 2017 | 416 children with *H. pylori* infection | Standard triple therapy, sequential treatment | *Lactobacillus* | Eradication rate: Sequential group -80.4%, triple group-74%, sequential Lactobacillus group-90.8%, triple Lactobacillus group -88.6% |
| Francavilla *et al*[59], 2014 | 100 *H. pylori*-positive naive patients | Standard triple therapy | *L. reuteri* combination (2 × 10 colony-forming units) or placebo during a 3-phase study (pre-eradication, eradication, and follow-up) | (1) Eradication rate was 75% in *L. reuteri* combination and 65.9% in placebo (*P* = NS); (2) Significantly less patients in *L. reuteri* combination as compared with placebo-reported side effects (40.9% *vs* 62.8%; *P* < 0.04); (3) An abnormal gastrin-17 value was found in patients receiving placebo as compared with *L. reuteri* combination (28% *vs* 12%; *P* < 0.02) |
| Moreno Márquez *et al*[60], 2022 | 80 patients | Bismuth-containing quadruple eradication therapy | *Lactobacillus reuteri* strains (DSM 17938 and ATCC PTA 6475) | (1) Eradication therapy was effective in 85 % of patients, with no differences between treatment arms; (2) Treatment with *L. reuteri* only reduced abdominal pain and distension (*P* < 0.001) |
| Du *et al*[61], 2012 | 234 gastritis patients | Clarithromycin-based triple therapy | *Lactobacillus acidophilus* 3 × 107 | Administration of probiotics before or after standard triple therapy may improve *H. pylori* eradication rates |
| Naghibzadeh *et al*[62], 2022  | Quadruple therapy plus *L. reuteri* (52 patients); Quadruple therapy only (52 patients) | Quadruple therapy: Proton pomp inhibitor, bismuth subcitrate, clarithromycin, and amoxicillin | *Lactobacillus reuteri DSMZ 17648* | Eradication rate in probiotic group-92.3%, in control group - 86.5% |

**Table 4 Probiotics plus eradication therapy: Assessment of probiotic action against *H. pylori:* Results for *Saccharomyces boulardii* probiotics**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Ref.** | **Patient** **characteristics** | **Type of eradication therapy**  | **Type of probiotic** | **Results** |
| Seddik *et al*[63], 2019 | 199 patients (51.3% males; mean age 44.6 ± 13.6 years) | Standard sequential therapy | *Saccharomyces boulardii* CNCM I-745 | (1) Eradication rate in the probiotic group - 86%, in placebo group – 74.7% (*P* = 0.02); (2) Incidence of adverse events in probiotic group - 17%, in placebo group – 55.7% (*P* < 0.001) |
| He *et al*[64], 2019 | 300 *H. pylori*-infected patients | Bismuth quadruple therapy | *Saccharomyces boulardii* | (1) Eradication rate in probiotic group-90.4%, in placebo group-89.0% (*P* = 0.87); (2) The overall incidence of adverse reactions and the incidence of diarrhea and nausea in the probiotic group was lower than those in the quadruple group (*P* < 0.05) |
| Zhao *et al*[65], 2014 | 240 children with a confirmed diagnosis of *H. pylori* infection | 14-d standard triple therapy | *Saccharomyces boulardii* | (1) The eradication rate was 75.8% in the triple therapy group and 85% in the probiotic group (*P* > 0.05); (2) The incidence of stomatitis, constipation, and diarrhea was significantly lower in probiotic group (*P* < 0.05). |
| Chang *et al*[43], 2019  | 122 patients with infections not resistant to clarithromycin: Triple therapy only (group A, n=61), triple therapy plus probiotics (group B, *n* = 61) | Clarithromycin-based triple therapy | *Saccharomyces boulardii* | (1) The eradication rates were similar among the groups both in the intention-to-treat (A = 85.2%, B = 89.6%) and per-protocol (A = 89.2%, B = 86.8%) analyses; (2) The frequencies of overall adverse events in the groups also did not differ (A *vs* B: *P* = 0.574). |



Published by **Baishideng Publishing Group Inc**

7041 Koll Center Parkway, Suite 160, Pleasanton, CA 94566, USA

**Telephone:** +1-925-3991568

**E-mail:** bpgoffice@wjgnet.com

**Help Desk:** https://www.f6publishing.com/helpdesk

https://www.wjgnet.com



**© 2023 Baishideng Publishing Group Inc. All rights reserved.**