

CASE STUDY #1150: Evaluating the Effects of Specialized Nutritional Support, including Strain-Certified *Lactobacillus acidophilus* NCFM[®] and *Bifidobacterium lactis* BI-07, in a Patient with Irritable Bowel Syndrome

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PURPOSE

*The purpose of this study was to show how a combination of strain-certified *L. acidophilus* NCFM and *B. lactis* BI-07, along with other specialized nutritional support, can benefit patients with irritable bowel syndrome (IBS).*

- Vegetarian, broad-spectrum digestive enzyme supplement, 1 to 2 tablets with meals for digestive support
- Whey protein concentrate with immunoglobulins, 1 tsp twice daily
- Decrease intake of simple sugars

PATIENT'S PRESENTATION AND HISTORY

A 65-year-old Caucasian female presented with complaints of bloating in her lower abdomen and severe gas after eating, which were relieved by bowel movements (BMs). She also complained of incomplete evacuation. The patient had presented 2 years earlier and had been placed on an enteric-coated peppermint oil supplement that was initially helpful, but the IBS symptoms had returned. She reported severe pain in her lower abdomen approximately 1 year before presentation. A colonoscopy was performed, with negative results, and she was diagnosed with IBS.

The patient's other symptoms included long-term hyperlipidemia and digestive problems. Her past medical history included an appendectomy, a cholecystectomy, and a hysterectomy. No significant family history was reported.

Initial Clinical Information

- Height was 62.5", weight was 160 lb, and blood pressure was 120/70
- Physical exam was unremarkable except for abdominal tenderness in the lower right quadrant
- Medications and supplements: conjugated estrogens, guggul resin extract, multiple vitamin/mineral, *Gingko biloba*, and protein powder
- IBS Symptoms Bothersome* and IBS-Quality of Life[†] (QOL) questionnaire scores indicated presence of IBS symptomatology

PLAN

The following intervention was recommended:

- Dairy-free probiotic supplement providing strain-certified *L. acidophilus* NCFM and *B. lactis* BI-07, 2 capsules twice daily

RESULTS

3 Weeks after Starting the Plan

At the 3-week visit, the patient reported that her bloating had decreased considerably. She experienced a major feeling of relief in less than 1 week after starting the protocol, and described this result as "phenomenal." She was having 1 well-formed BM a day, as opposed to 3 to 4 daily before the intervention. In addition, she had not experienced any abdominal pain on her right side for the preceding 3 weeks. The patient was instructed to continue on the prescribed protocol.

8 Weeks after Starting the Plan

After 8 weeks, the patient said her IBS symptoms had abated, in concordance with the questionnaire scores. She was instructed to discontinue the whey protein concentrate, but remain on the probiotic and digestive enzyme supplements.

12 and 36 Weeks after Starting the Plan

The patient continued to be asymptomatic at the 12-week visit. She was instructed to discontinue the digestive enzyme supplement, but remain on the probiotic supplement. After 36 weeks, she was doing well on just 2 capsules of probiotic supplement in the morning.

2 Years after Starting the Plan

When the patient was seen again after 2 years, she remained asymptomatic and had still been taking 2 capsules of the probiotic supplement in the morning.

**74% Decrease in IBS Symptoms
Bothersome Questionnaire Score**

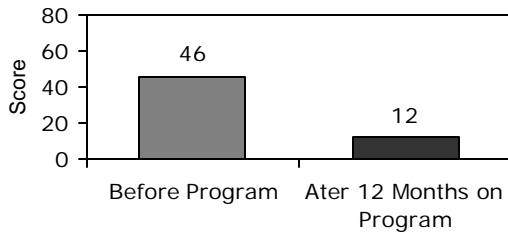


Figure 1. The patient's score on the IBS Symptoms Bothersome Questionnaire* decreased from 46 to 12. (Scores less than 20 indicate infrequent or no IBS symptoms.)

**79% Increase in IBS-QOL
Questionnaire Score**

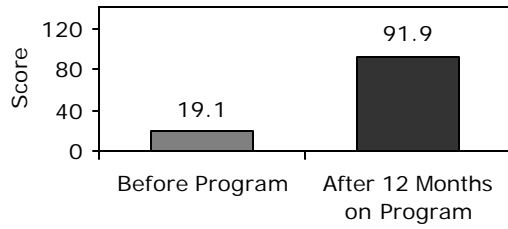


Figure 2. The patient's score on the IBS-QOL Questionnaire† increased from 19.1 to 91.9, indicating a noteworthy improvement in her overall quality of life with the intervention.

SUMMARY

This case suggests that targeted supplementation with strain-certified *L. acidophilus* NCFM and *B. lactis* BI-07, combined with other specialized nutritional support, may benefit patients with IBS.

NOTES

The information provided in this case study describes the results of one patient under the care of a licensed healthcare practitioner and may not be a typical response.

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*The IBS Symptoms Frequency and Bothersome Questionnaire is a condition-specific questionnaire that ranges in score from 0 to 78. Higher scores indicate more frequent or more bothersome symptoms; while lower scores indicate fewer symptoms or less bothersome symptoms: scores <20 mean infrequent or no symptoms; scores >40 mean symptoms are often or always present

†The IBS-QOL is a research-validated questionnaire that has been shown to reflect parameters of the disease. Since it is a psychometric measure of patient status, it is expected that higher scores on the IBS symptoms questionnaire will result in lower scores in the IBS-QOL questionnaire.

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