Effect of probiotic *Lactobacillus reuteri* on salivary cariogenic bacterial counts among groups of preschool children in Jeddah, Saudi Arabia: a randomized clinical trial

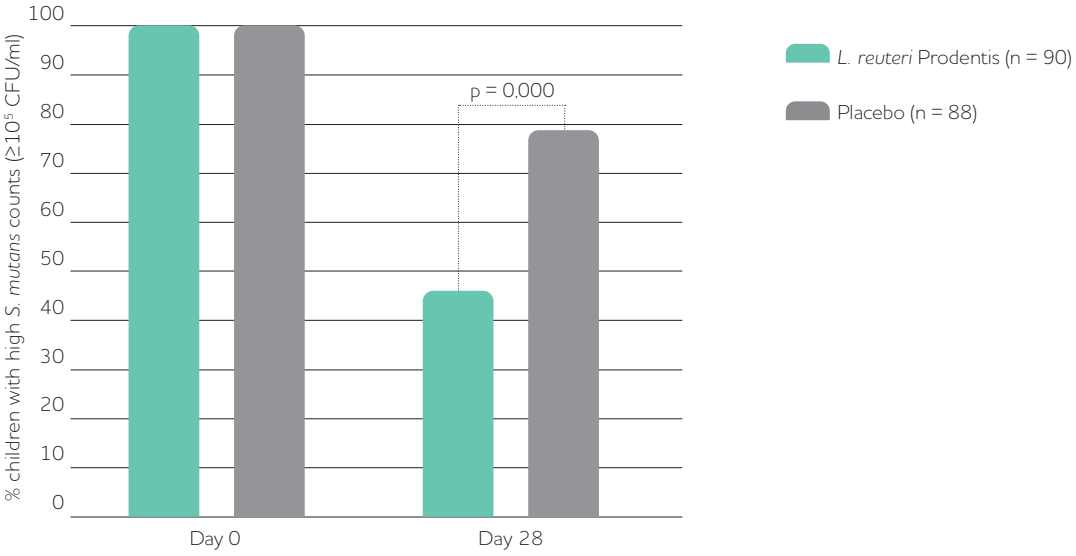
Alamoudi NM, Almabadi ES, El Ashiry EA, El Derwi DA.
J Clin Pediatr Dent. 2018;42(5):331-338.

Demonstrates that *L. reuteri* Prodentis is effective in reducing caries-associated *S. mutans* in children

RESULTS

- Compared to placebo, *L. reuteri* Prodentis significantly reduced *S. mutans* counts in saliva after 28 days supplementation (p=0.000).
- No difference between the groups in buffer capacity (p=0.577).
- Plaque accumulation was reduced in both groups compared to baseline.

Caries-associated *S. mutans* reduction



CONCLUSION

- Consumption of *L. reuteri* Prodentis lozenges significantly reduces caries-associated bacterial counts.

FACTS

- Study design: randomized, double-blind, placebo-controlled
- Subjects: 178 healthy children, 3-6 years
- Dosage: One lozenge twice daily ($4x10^8$ CFU/day)
- Duration: 28 days
- Primary endpoints: salivary caries-associated bacteria (*S. mutans* and *lactobacilli*), dental plaque accumulation and salivary buffer capacity

FURTHER READING

- Caglar E et al. Salivary mutans streptococci and lactobacilli levels after ingestion of the probiotic bacterium *Lactobacillus reuteri* ATCC 55730 by straws or tablets. Acta Odontol Scand. 2006;64:314-318.
- Stensson M et al. Oral administration of *Lactobacillus reuteri* during the first year of life reduces caries prevalence in the primary dentition at 9 years of age. Caries Res. 2014;48:111-117, published online 29 Nov. 2013.

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