



### Clinical changes in periodontal subjects with the probiotic *Lactobacillus reuteri* Prodentis: A preliminary randomized clinical trial

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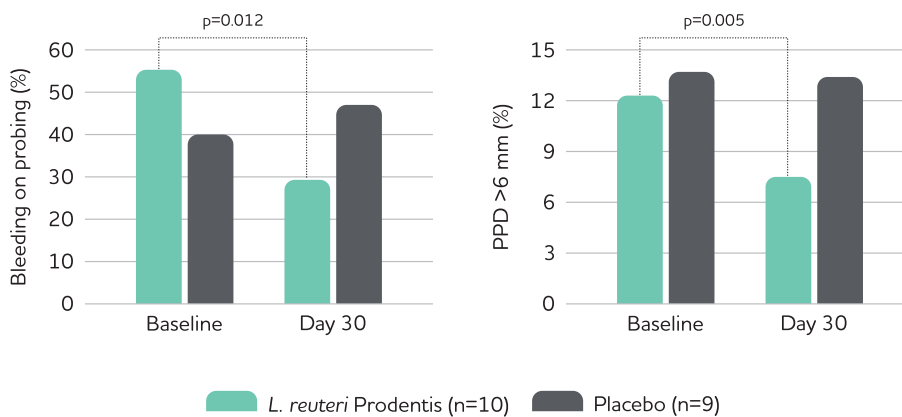
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#### Demonstrates that *Lactobacillus reuteri* Prodentis improved clinical periodontal parameters

##### Results

- *Lactobacillus reuteri* Prodentis significantly decreased plaque index, bleeding on probing and pocket probing depth of 5-6 mm and  $\geq 6$  mm. The placebo group did not show any statistically significant changes in periodontal parameters
- 100 % patient compliance
- No adverse events were reported in any of the groups

##### Variation of clinical parameters (%) before and after *L. reuteri* Prodentis treatment



##### Conclusion

- These data indicate that oral administration of *Lactobacillus reuteri* Prodentis improved the short-term clinical outcomes in non-smoking patients with initial-to-moderate chronic periodontitis

##### Facts

- Study design: randomized, double-blind, placebo-controlled clinical trial. No professional cleaning was performed during or before the intervention period
- Subjects: 19 adults with initial-to-moderate chronic periodontitis
- Dosage: 1 lozenge daily ( $2 \times 10^8$  CFU/day)
- Duration: 30 days
- Primary endpoints: plaque index, bleeding on probing, pocket probing depth
- Secondary endpoints: patient compliance and potential side-effects

##### 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
- Vivekanda MR et al. Effect of the probiotic *Lactobacillus reuteri* (Prodentis) in the management of periodontal disease: a preliminary randomized clinical study. J Oral Microbiol. 2010;2:5344-5352
- Twetman S et al. Short-term effect of chewing gums containing probiotic *Lactobacillus reuteri* on the levels of inflammatory mediators in gingival crevicular fluid. Acta Odontol Scand. 2009;67:19-24

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