



### Scientific support for effect on caries by *Lactobacillus reuteri* (*L. reuteri* Prodentis)

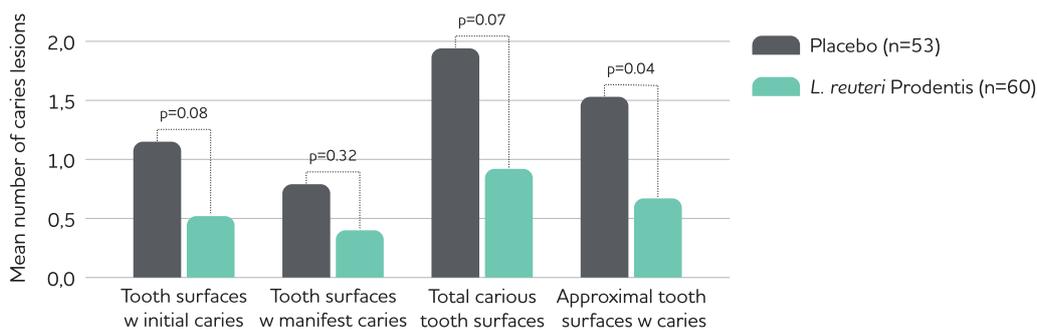
Çaglar et al. Acta Odontol Scand. 2006; Stensson et al. Caries Res. 2014; Keller et al. Benef Microbes. 2014.

**The studies demonstrate a reduced risk of developing caries by use of *L. reuteri* Prodentis**

#### Results

- Çaglar et al.: Daily ingestion of *L. reuteri* significantly reduced *S. mutans* in saliva
- Stensson et al.: Oral administration of *L. reuteri* during the first year of life reduced prevalence of caries in the primary dentition at 9 years of age: 82% of children in the probiotic group vs. 58% the placebo group were caries-free ( $p < 0.01$ )
- Keller et al.: Demonstrates a beneficial effect of *L. reuteri* Prodentis on early, non-cavitated caries lesions in caries active adolescents

#### Caries prevalence in primary dentition



Stensson et al. 2014. Evaluation at 9y, *L. reuteri* intervention during first year of life.

#### Conclusion

- *L. reuteri* Prodentis has been shown to reduce the number of caries-associated *S. mutans*. More long-term studies are needed to investigate the preventive effect on caries

#### Facts

- Study design: All were prospective, randomized, blinded and placebo-controlled
- Subjects: Çaglar – 120, adults; Stensson – 113, children 9y; Keller – 36, 12-17y
- Dosage: Çaglar – 100 million CFU/d; Stensson – 100 million CFU/d; Keller – 400 million CFU/d.
- Intervention period: Çaglar – 3 weeks; Stensson – 1st year of life; Keller – 12 weeks
- Primary endpoints: Çaglar – changes in the levels of *S. mutans* and total lactobacilli; Stensson – long-term follow-up of oral health in children of a trial on prevention of atopic dermatitis; Keller: reduction of early caries lesions

#### Further reading

- Çaglar 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.
- Keller MK et al. Effect of tablets containing probiotic bacteria (*Lactobacillus reuteri*) on early caries lesions in adolescents: a pilot study. Benef Microbes. 2014;5:403-407.

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BioGaia AB, Kungsbrogatan 3, P.O. Box 3242, SE-103 64 Stockholm, Sweden, +46 (0)8 555 293 00, biogaia.com

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