



**Press release
2 March 2009**

**BioGaia Probiotic chewable tablets effective in
decreasing diarrhoea caused by antibiotics**

In a new double blind, placebo-controlled clinical study, supplementation with BioGaia's Probiotic chewable tablets containing *L. reuteri* was effective in reducing the incidence of diarrhoea in hospitalised patients who were treated with antibiotics.

The study, which was performed at the University Hospitals Case Medical Center, Cleveland Ohio, USA, was presented by Cimperman and colleagues at the Clinical Nutrition Week 2009 Conference, 1-4 February in New Orleans.

Antibiotic use leads to severe disturbances of the gut bacterial flora which in turn leads to side-effects such as diarrhoea and nausea. In the hospital environment, antibiotic-associated diarrhoea is a significant problem which can lead to prolonged hospital stay and increased costs.

In this randomized, double blind, placebo-controlled pilot study, hospitalised patients receiving antibiotics (for pneumonia, abscess, bronchitis etc.) were also given either BioGaia Probiotic chewable tablets (2 per day, 13 subjects) or an identical placebo (10 subjects) for 4 weeks. Stool frequency, consistency and gastrointestinal symptoms were monitored during the 4 weeks and for a further 2 weeks after therapy was stopped.

The patients given BioGaia Probiotic chewable tablets showed a significantly lower incidence of diarrhoea compared to those given placebo (incidence of diarrhoea was 7.7% in the probiotic group compared to 50% in the placebo group, $p=0.02$). There were no differences in the incidence or severity of nausea, vomiting, abdominal cramping, bloating, gas, constipation or reflux. The investigators concluded that *L. reuteri* significantly decreased antibiotic-associated diarrhoea among hospitalized adults and that *L. reuteri* was well-tolerated. The investigators plan to publish the study in a medical journal during 2009.

Latest press releases from BioGaia:

2009-02-12	Year-end report 2008
2009-01-12	CapAble signs agreement in Mexico
2008-12-19	BioGaia's subsidiary CapAble signs agreement for LifeTop™ Cap in North America

For additional information contact: Peter Rothschild, Managing Director, telephone: +46 8 - 555 293 00,
Eamonn Connolly, Senior Vice President Research telephone: +46 8 - 555 293 00

BioGaia is a biotechnology company that develops, markets and sells probiotic products with documented health benefits. The products are primarily based on the lactic acid bacterium *Lactobacillus reuteri* (Reuteri), which has probiotic, health-enhancing effects. The class B share of the Parent Company BioGaia AB is quoted on the Small Cap list of the Nordic Stock Exchange in Stockholm.
www.biogaia.com