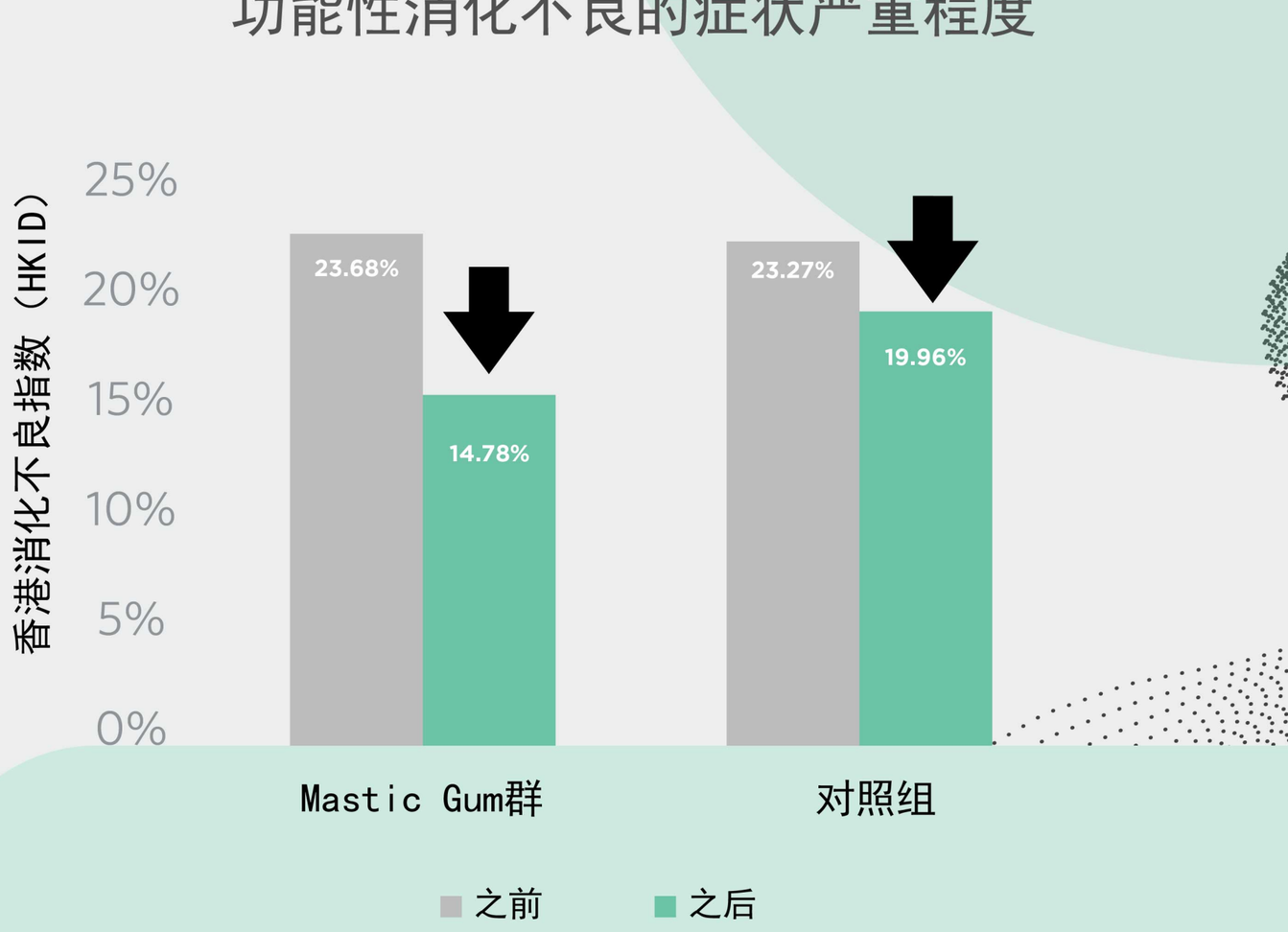
临床试验证实

希腊的“超级食物”–乳香胶

01

77%

病人在服用Mastic gum后，**功能性消化不良**的症状有所改善



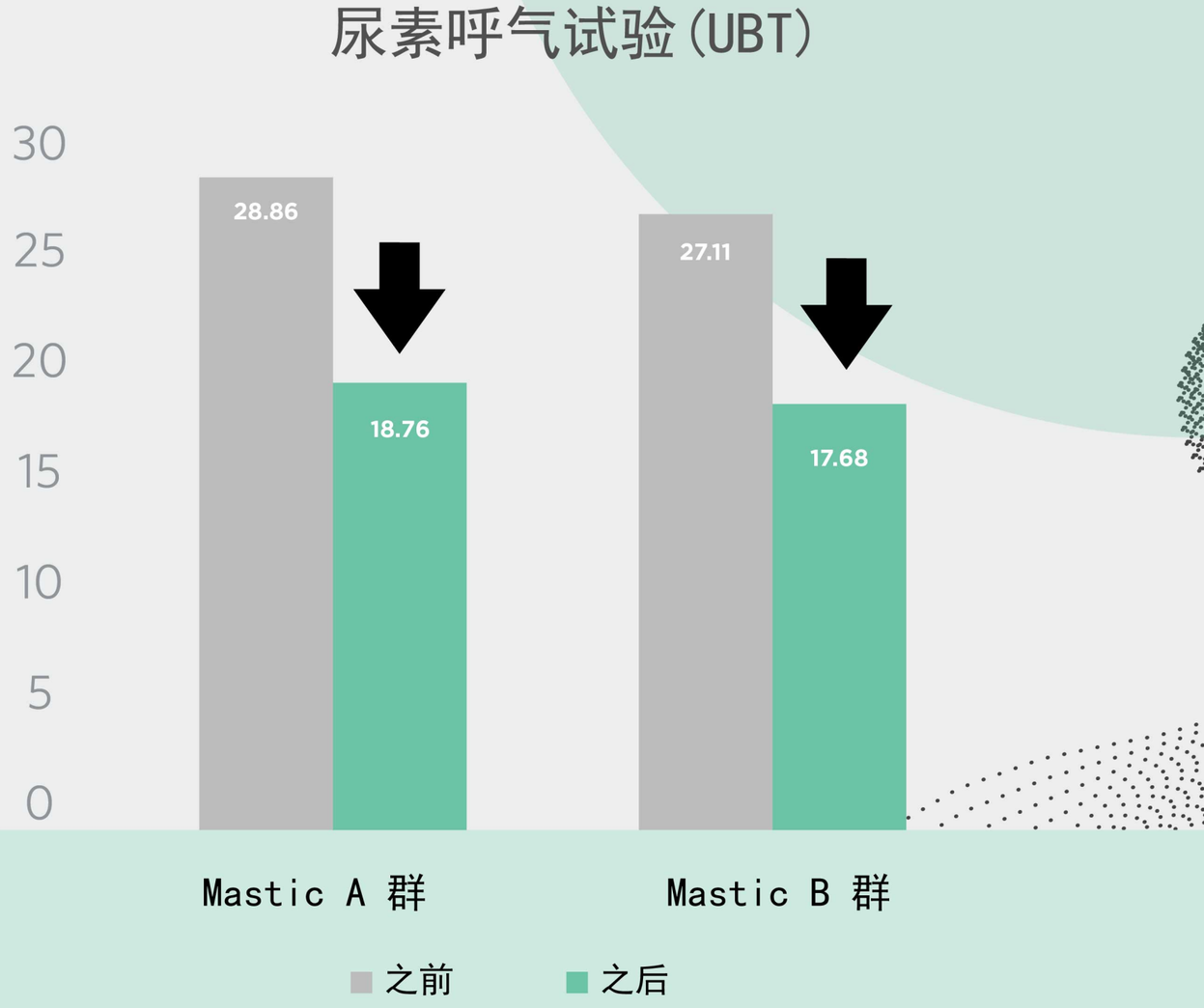
Source:
Dabos, K. J., Sfika, E., Vlatta, L. J., Frantzi, D., Amygdalos, G. I., & Giannikopoulos, G. (2010). Is Chios mastic gum effective in the treatment of functional dyspepsia? A prospective randomised double-blind placebo controlled trial. Journal of ethnopharmacology, 127(2), 205-209.

02

25%

参与者在咀嚼 Mastic gum的两个星期后

从**幽门螺旋杆菌**康复了



Source:
Dabos, K. J., Sfika, E., Vlatta, L. J., & Giannikopoulos, G. (2010). The effect of mastic gum on Helicobacter pylori: a randomized pilot study. Phytomedicine : international journal of phytotherapy and phytopharmacology, 17(3-4), 296–299. https://doi.org/10.1016/j.phymed.2009.09.010

菌株：

长双歧杆菌BB536

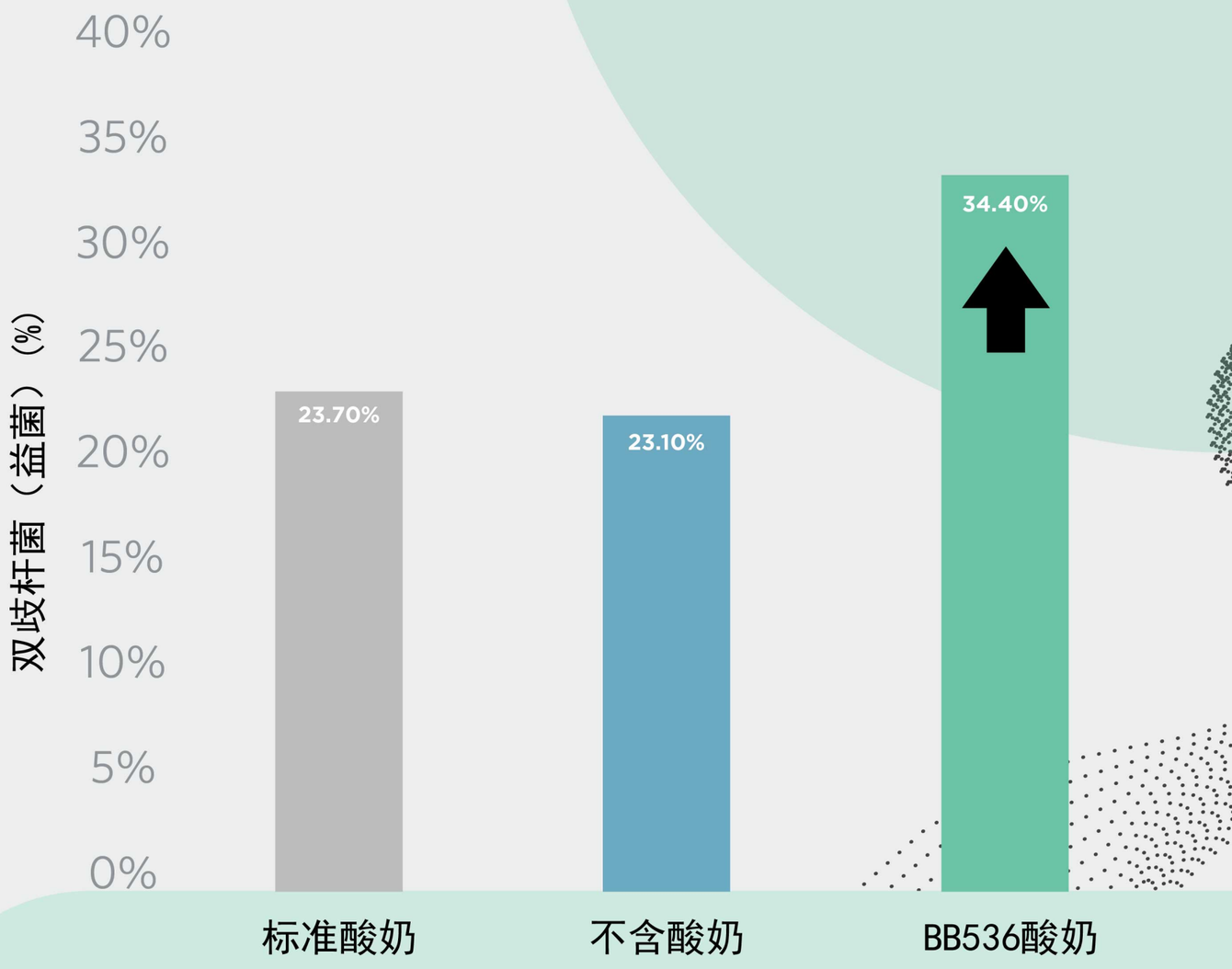
Bifidobacterium longum **BB536**

01

明显增加

双歧杆菌（益菌）的数量

证明益菌可以通过胃酸在肠道定殖



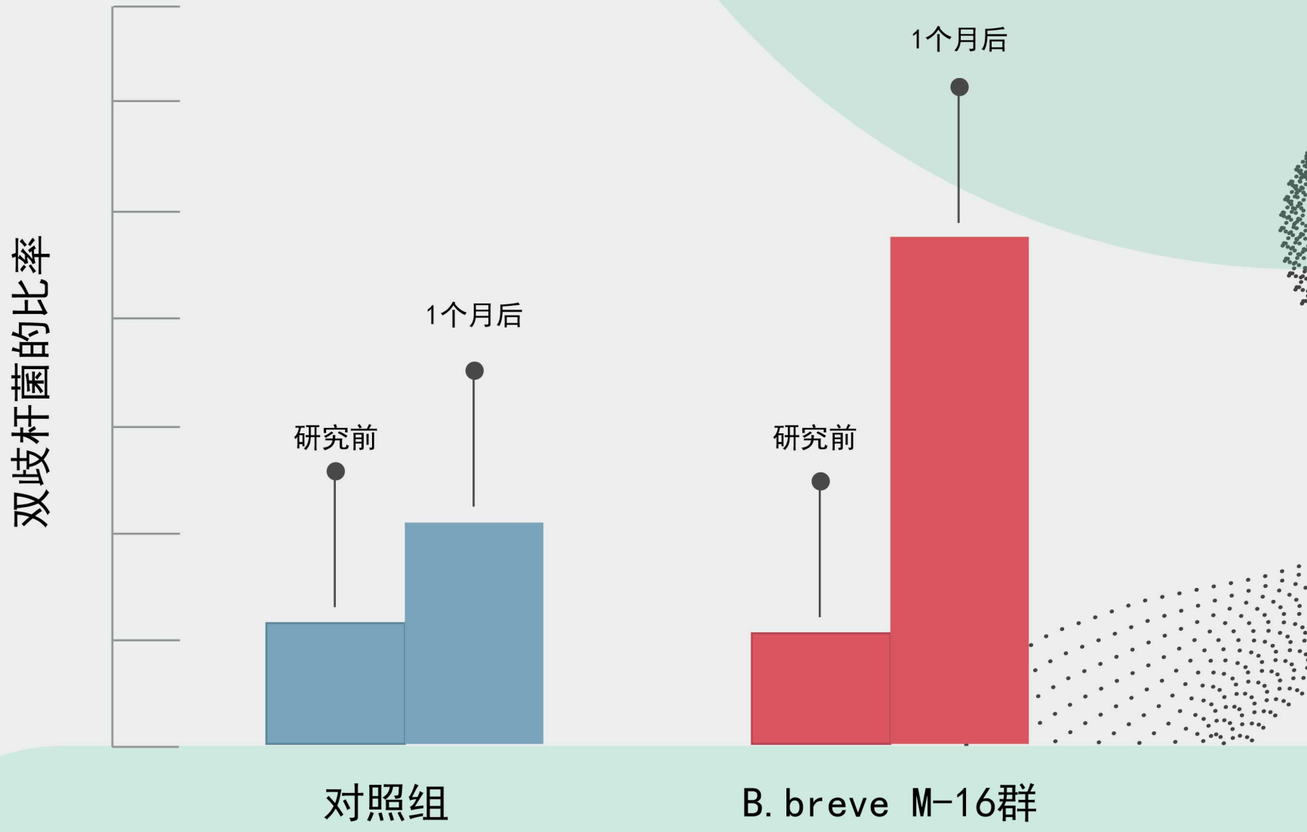
Source:
Yaeshima, T., Takahashi, S., Matsumoto, N., ISHIBASHI, N., Hayasawa, H., & Iino, H. (1997). Effect of Yogurt Containing Bifidobacterium longum BB536 on the Intestinal Environment, Fecal Characteristics and Defecation Frequency A Comparison with Standard Yogurt. Bioscience and Microflora, 16(2), 73-77.

02

明显增加

双歧杆菌（益菌）的数量

证明益菌可以通过胃酸在肠道定殖



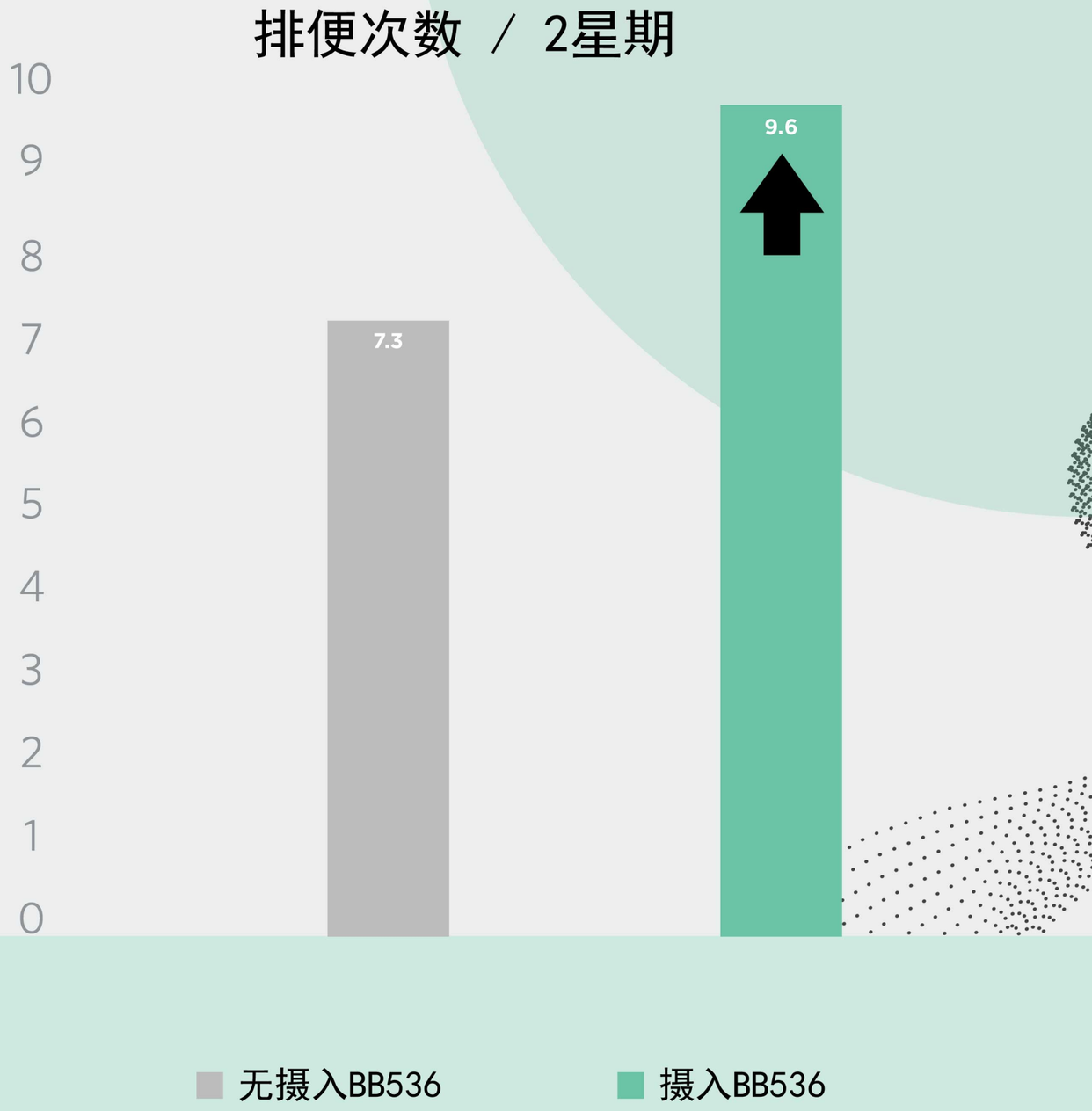
Source:
Hattori K., Yamamoto A., Sasai M., Taniuchi S., Kojima T., Kobayashi Y., Iwamoto H., Namba K., & Yaeshima T. (2003). Effects of Administration of Lyophilized Bifidobacterial Preparation of Fecal Microflora and Allergic Symptoms in Infants with Atopic Dermatitis. Japanese Journal of Allergology. 52, 20-30.

03

17.4%

摄入BB536的2个星期后，排便次数增加

促进肠胃蠕动

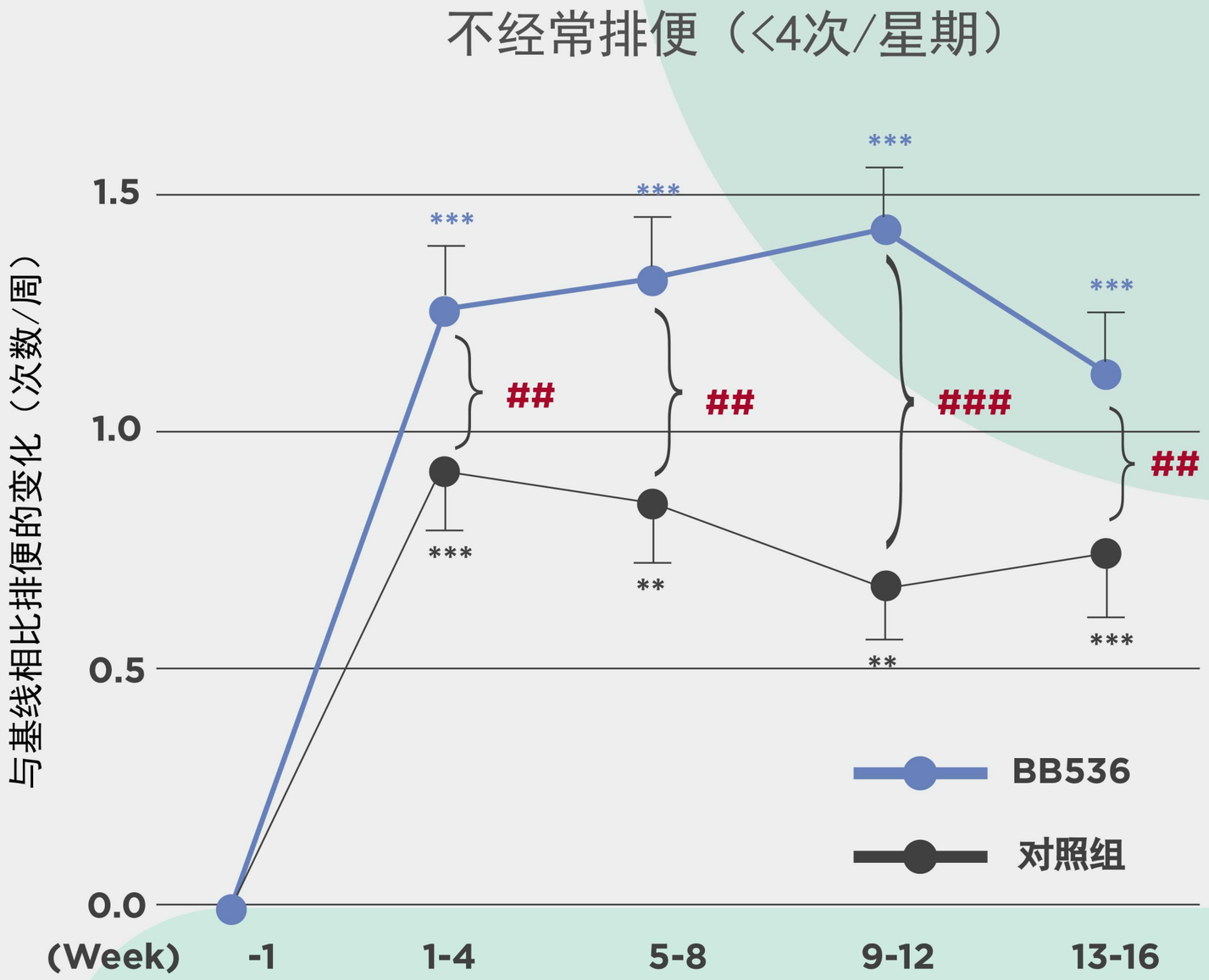


Source:
Xiao J, Kondo S, Odamaki T, Miyagi K, Yaeshima T, Iwatsuki K, et al. Effect of yogurt containing Bifidobacterium longum BB536
on the defecation frequency and fecal characteristics of healthy adults: A double-blind cross over study. Japanese J Lact Acid Bact. 2007;18(1):31–6.

04

明显的缓解

对每周排便次数少过4次的参与者来说，
能够明显的缓解便秘



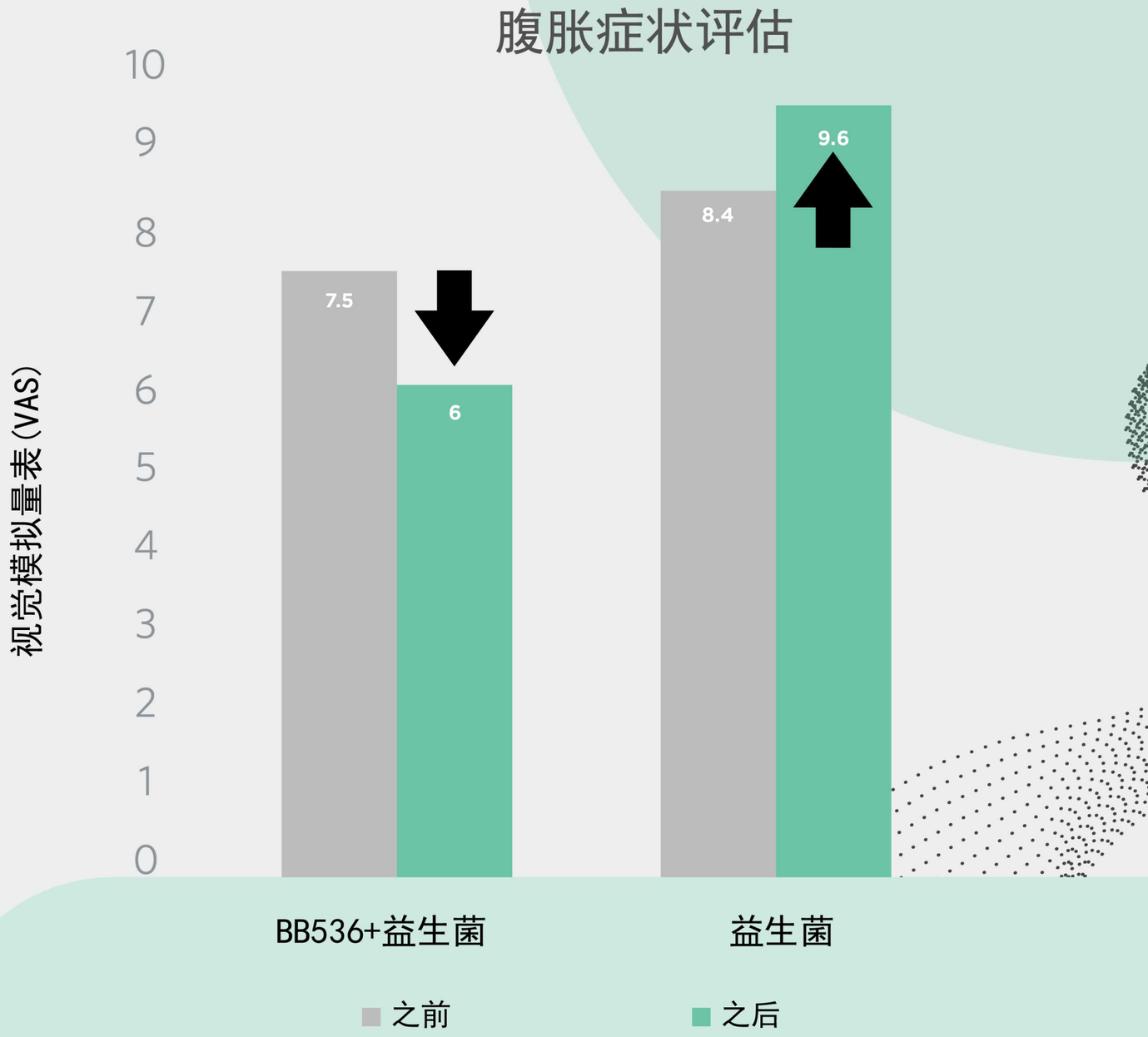
** P< 0.01 vs Week-1 group
*** P< 0.01 vs Week-1 group
P< 0.01 between groups
P< 0.001 between groups

Source:
Kondo, J., Xiao, J.Z., Shirahata, A., Baba, M., Abe, A., Ogawa, K., & Shimoda, T. (2013). Modulatory effects of Bifidobacterium longum BB536 on defecation in elderly patients receiving enteral feeding. World Journal of Gastroenterology: WJG, 19(14), 2162.

05

改善

腹胀症状（洗肾患者）

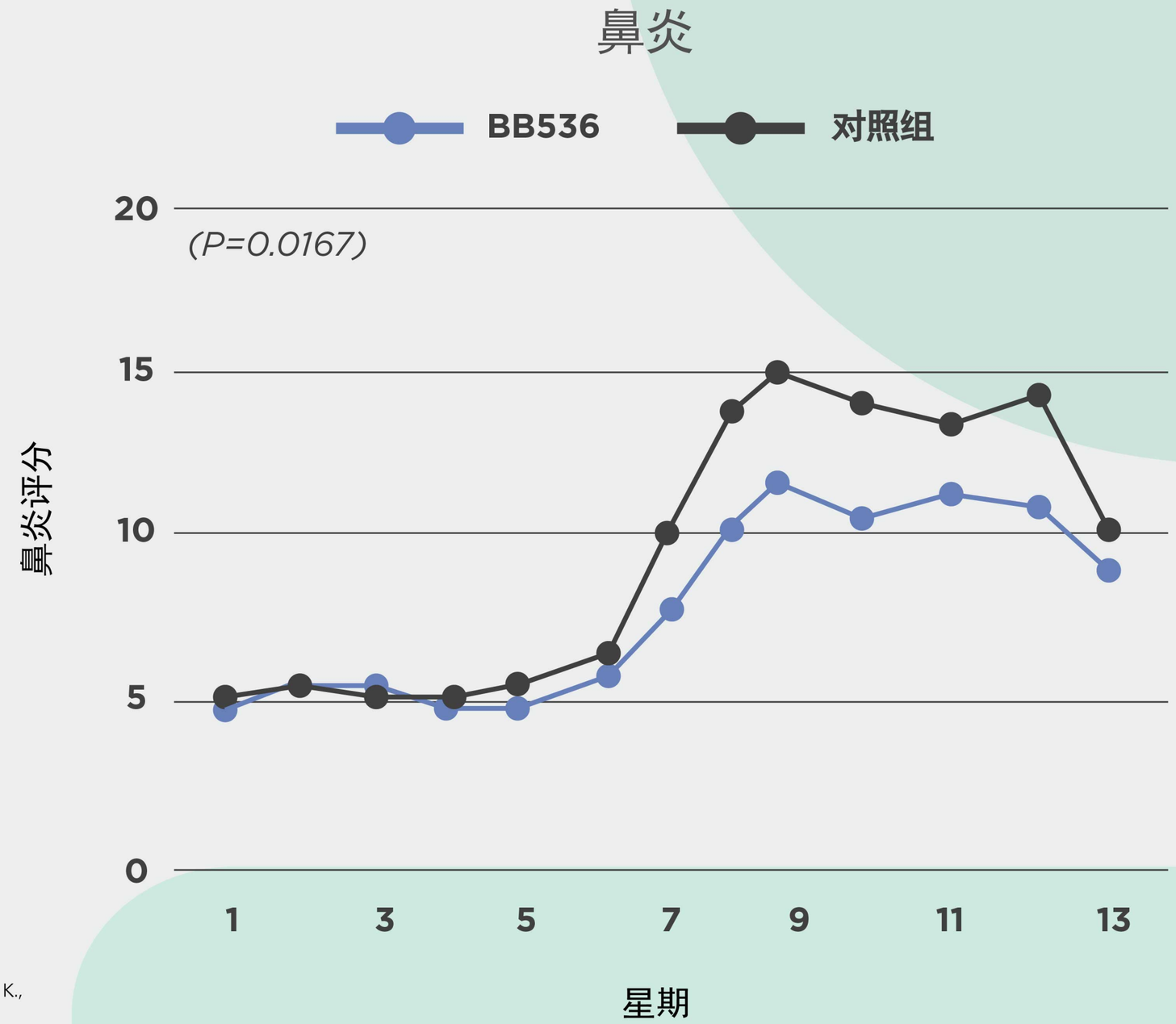


Source:
Miyoshi, M., Kadoguchi, H., Usami, M., & Hori, Y. (2021), Synbiotics Improved Stool Form via Changes in the Microbiota and Short-Chain Fatty Acids in Hemodialysis Patients. The Kobe journal of the medical sciences, 67 (3), 112-118.

06.a

明显降低

在为期13周的临床实验期间，鼻炎过敏评分

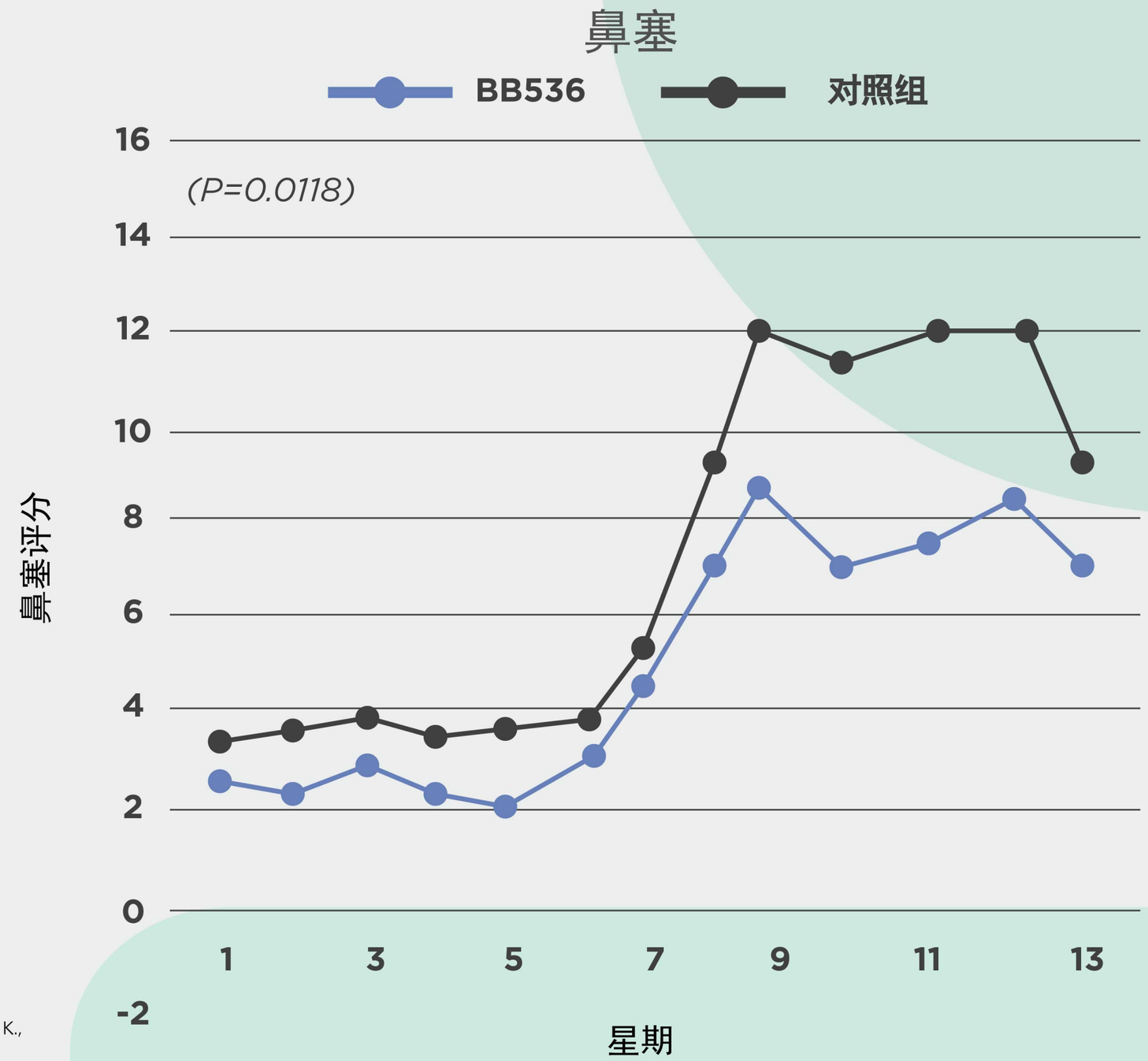


Source:
Xiao, J.Z., Kondo, S., Yanagisawa, N., Takahashi, N., Odamaki, T., Iwabuchi, N., Miyaji, K., Iwatsuki, K., Togashi, H., Enomoto, K. and Enomoto, T., 2006. Probiotics in the treatment of Japanese cedar pollinosis: a double-blind placebo-controlled trial. Clinical & Experimental Allergy, 36(11), pp.1425-1435.

06.b

明显降低

在为期13周的临床实验期间，鼻塞过敏评分

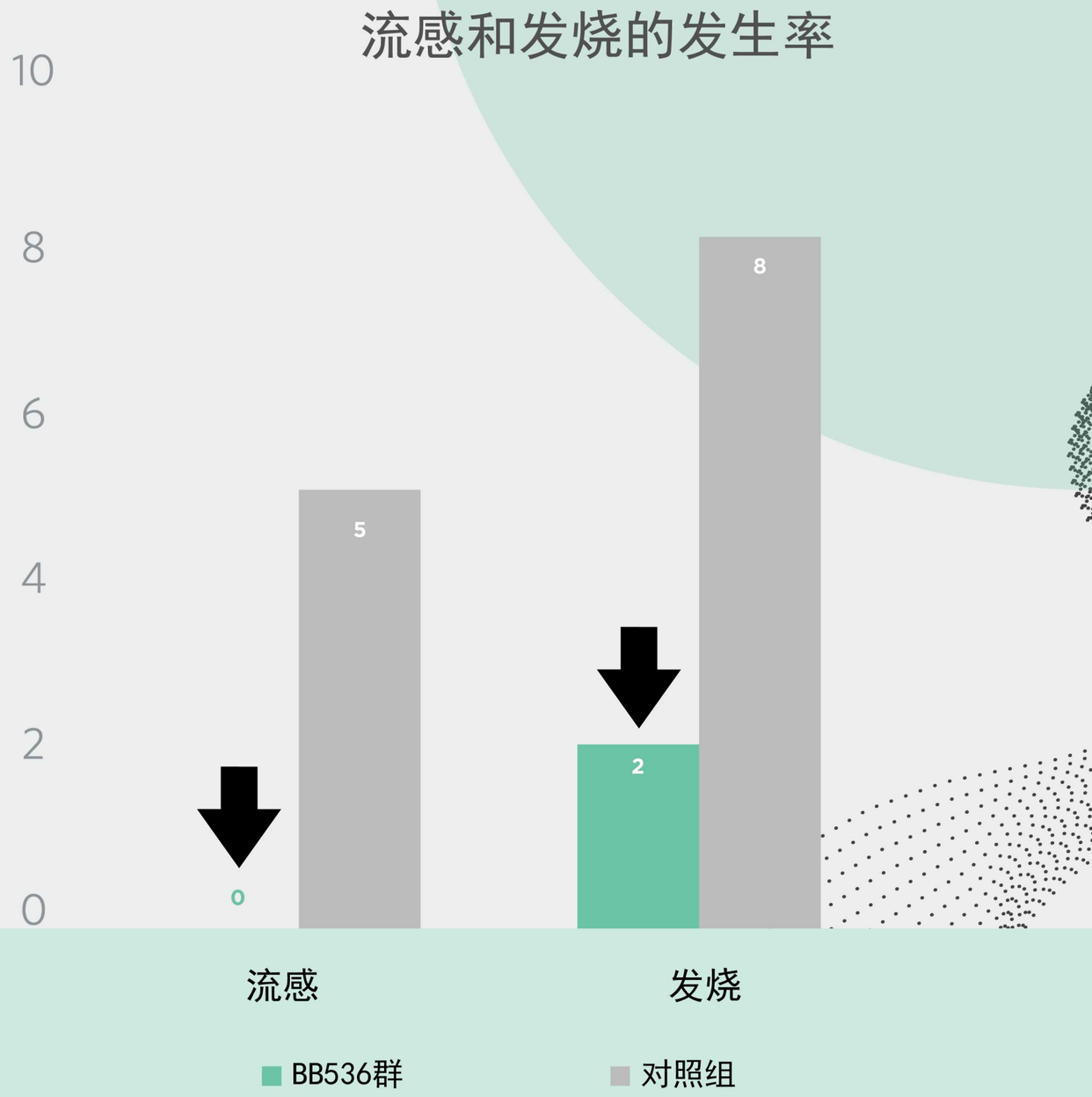


Source:
Xiao, J.Z., Kondo, S., Yanagisawa, N., Takahashi, N., Odamaki, T., Iwabuchi, N., Miyaji, K., Iwatsuki, K., Togashi, H., Enomoto, K. and Enomoto, T., 2006. Probiotics in the treatment of Japanese cedar pollinosis: a double-blind placebo-controlled trial. Clinical & Experimental Allergy, 36(11), pp.1425-1435.

07

明显降低

流感和发烧的发生率

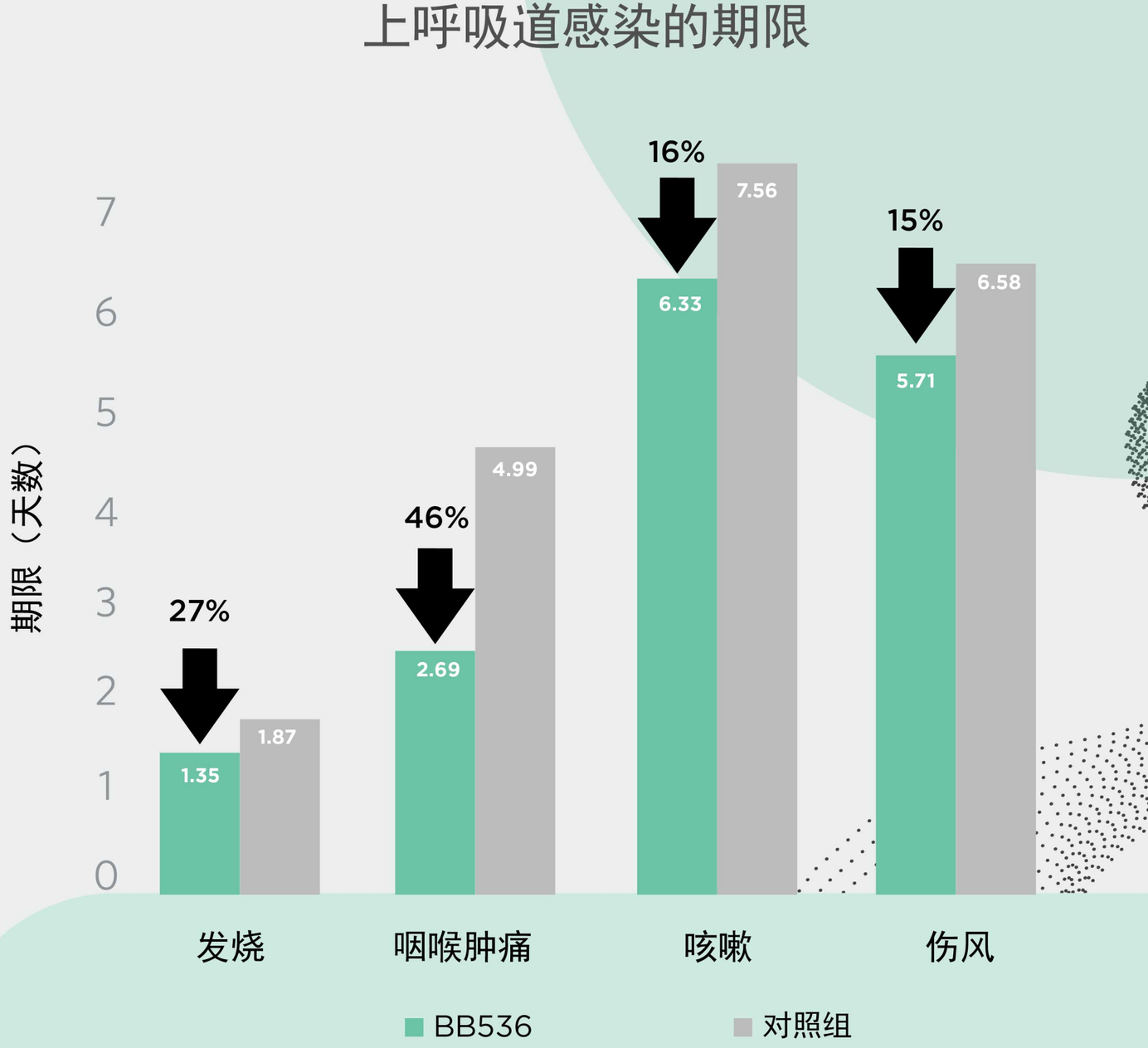


Source:
Namba, K., Hatano, M., Yaeshima, T., Takase, M., & Suzuki, K. (2010). Effects of Bifidobacterium longum BB536 administration on influenza infection, influenza vaccine antibody titer, and cell-mediated immunity in the elderly. Bioscience, biotechnology, and biochemistry, 74(5), 939–945. https://doi.org/10.1271/bbb.90749

08

改善呼吸道疾病

降低咽喉肿痛（−46%），发烧（−27%），咳嗽（−16%）及伤风（−15%）



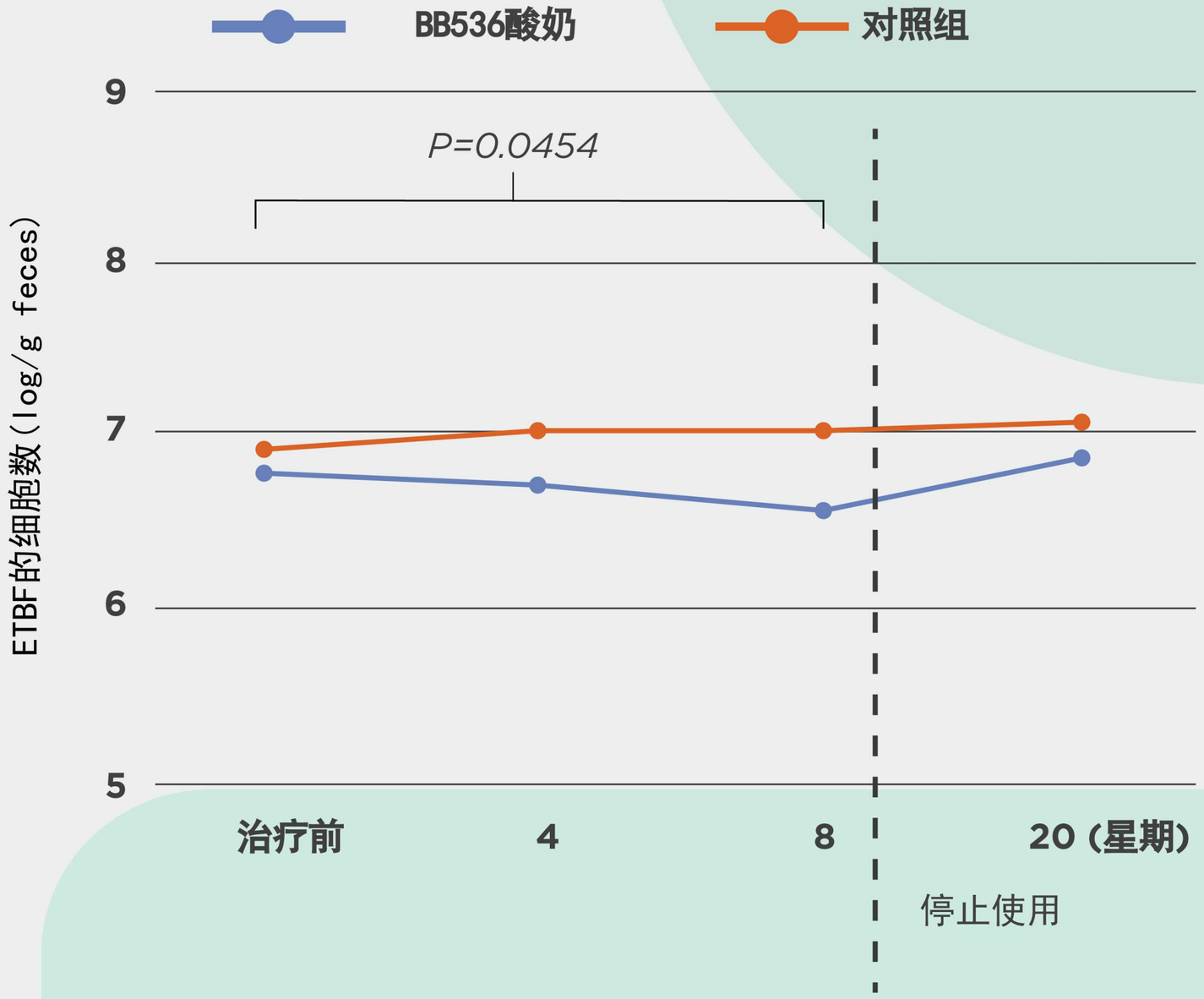
Source:
Lau, A.S., Yanagisawa, N., Hor, Y.Y., Lew, L.C., Ong, J.S., Chuah, L.O., Lee, Y.Y., Choi, S.B., Rashid, F., Wahid, N., Sugahara, H., Xiao, J.Z., & Liong, M.T. (2018). Bifidobacterium longum BB536 alleviated upper respiratory illness and modulated gut microbiota profiles in Malaysian pre-school children. Beneficial microbes, 9 (1), 61-70.

09

明显有效

8周内，肠道微生物群中的肠毒素脆弱拟杆菌（ETBF）细胞数减少。

8周后停止使用，ETBF增加。

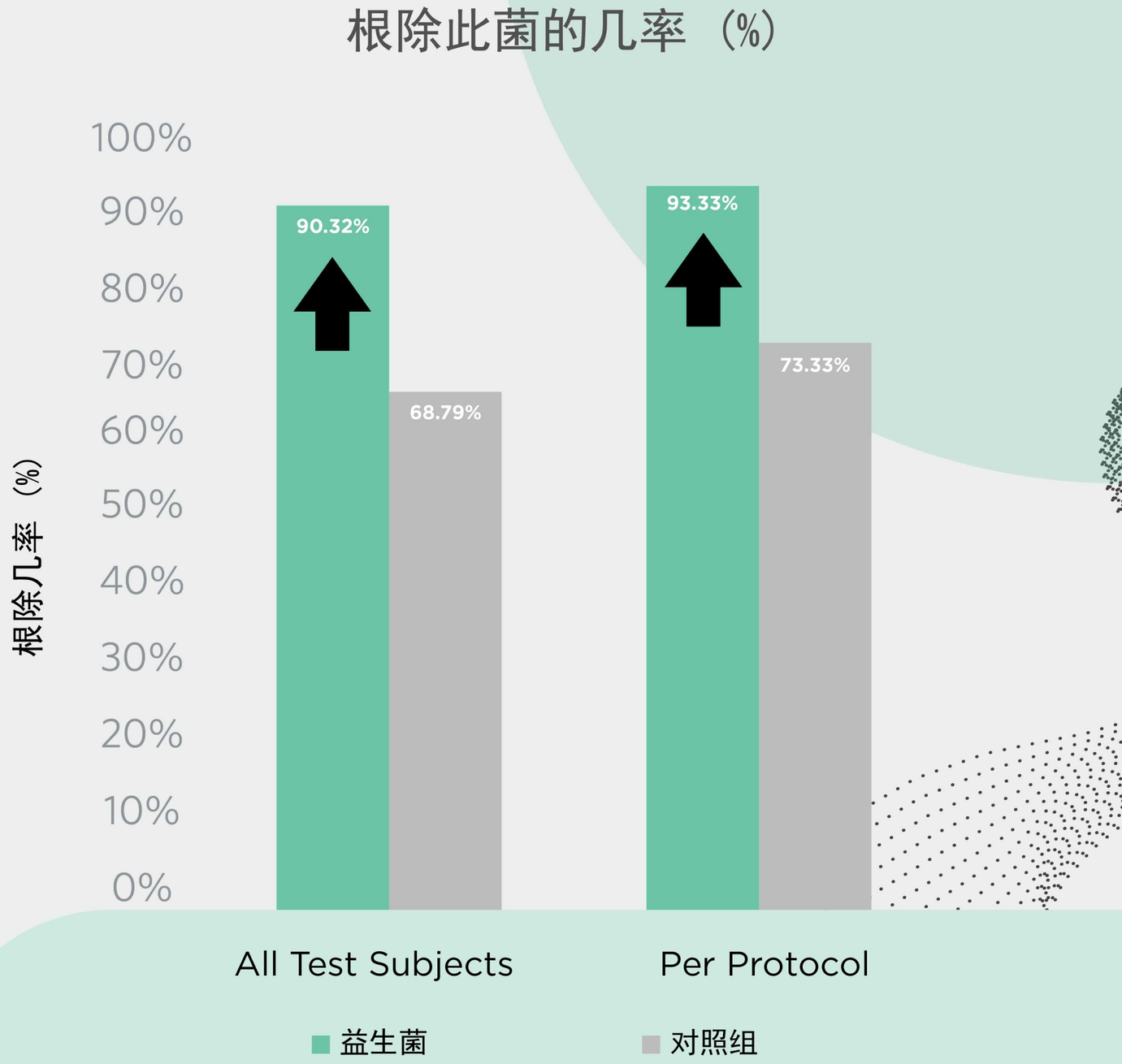


Source:
Odamaki, T., Sugahara, H., Yonezawa, S., Yaeshima, T., Iwatsuki, K., Tanabe, S., Tominaga, T., Togashi, H., Benno, Y. and Xiao, J.Z., 2012. Effect of the oral intake of yogurt containing Bifidobacterium longum BB536 on the cell numbers of enterotoxigenic Bacteroides fragilis in microbiota. Anaerobe, 18(1), pp.14-18.

10

20%

提高根除幽门螺旋杆菌的几率

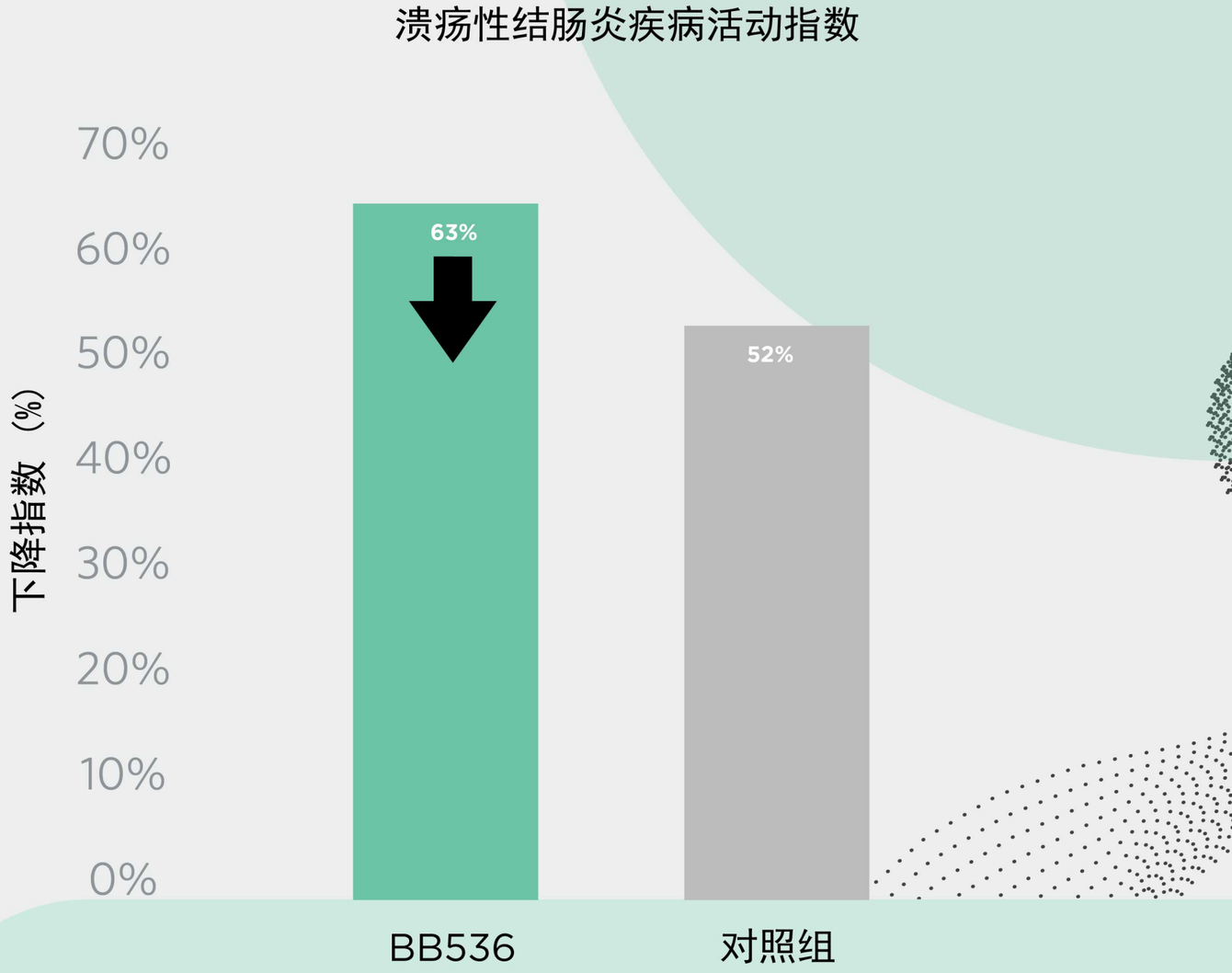


Source:
Chitapanarux, T., Thongsawat, S., Pisespongsa, P., Leerapun, A., & Kijdamrongthum, P. (2015). Effect of Bifidobacterium longum on PPI-based triple therapy for eradication of Helicobacter pylori: a randomized, double-blind placebo-controlled study. Journal of Functional Foods, 13, 289-294

11

63%

溃疡性结肠炎疾病活动指数下降



Source:
Tamaki, H., Nakase, H., Inoue, S., Kawanami, C., Itani, T., Ohana, M., Kusaka, T., Uose, S., Hisatsune, H., Tojo, M., Noda, T., Arasawa, S., Izuta, M., Kubo, A., Ogawa, C., Matsunaka, T., & Shibatouge, M. (2016). Efficacy of probiotic treatment with Bifidobacterium longum 536 for induction of remission in active ulcerative colitis: A randomized, double-blinded, placebo-controlled multicenter trial. Digestive endoscopy: official journal of the Japan Gastroenterological Endoscopy, 28 (1), 67-74.

菌株：

短双歧杆菌M-16V

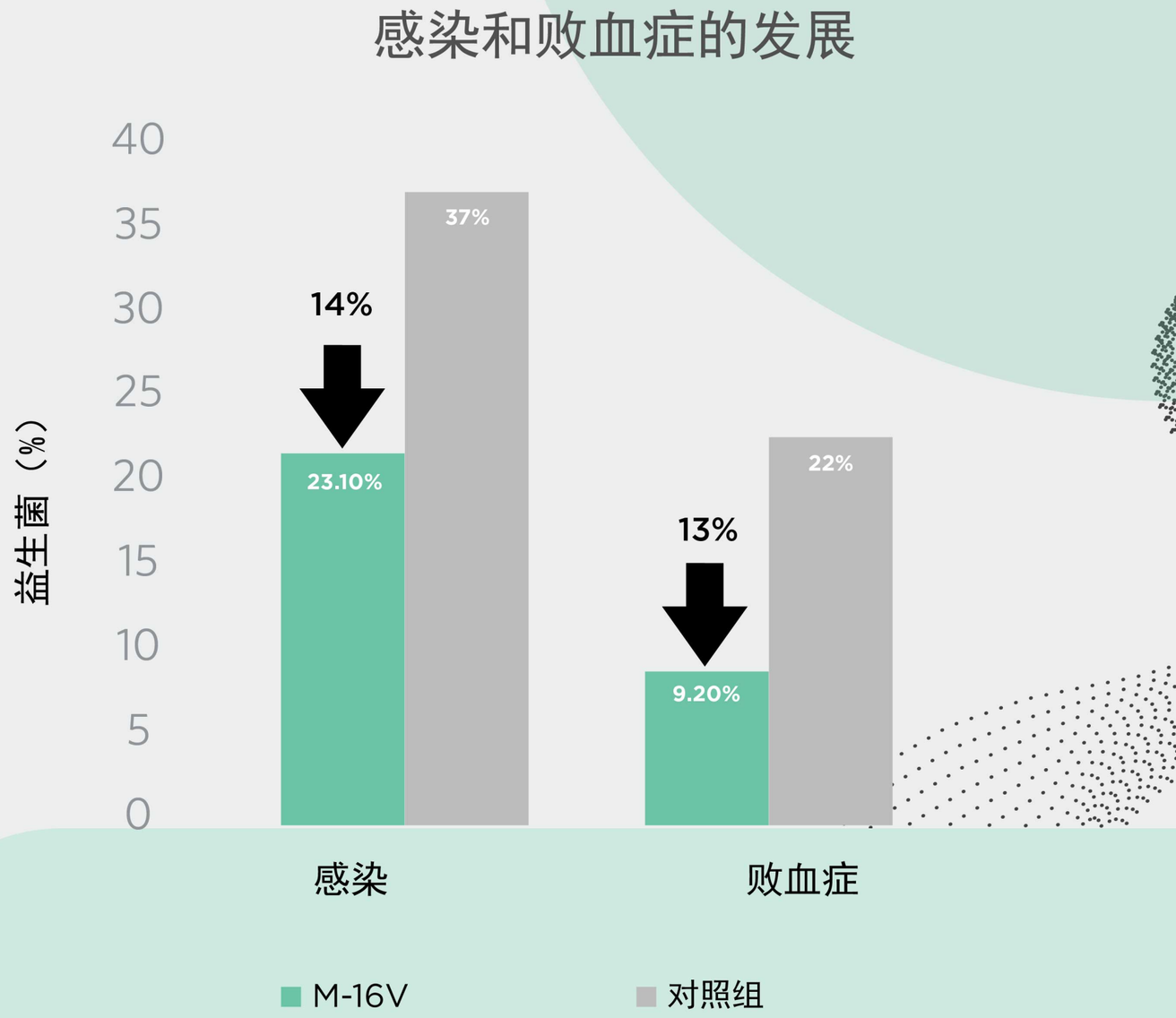
Bifidobacterium breve M-16V

01

减少

极低/超低出生体重婴儿的感染（-14%）

和败血症（-13%）



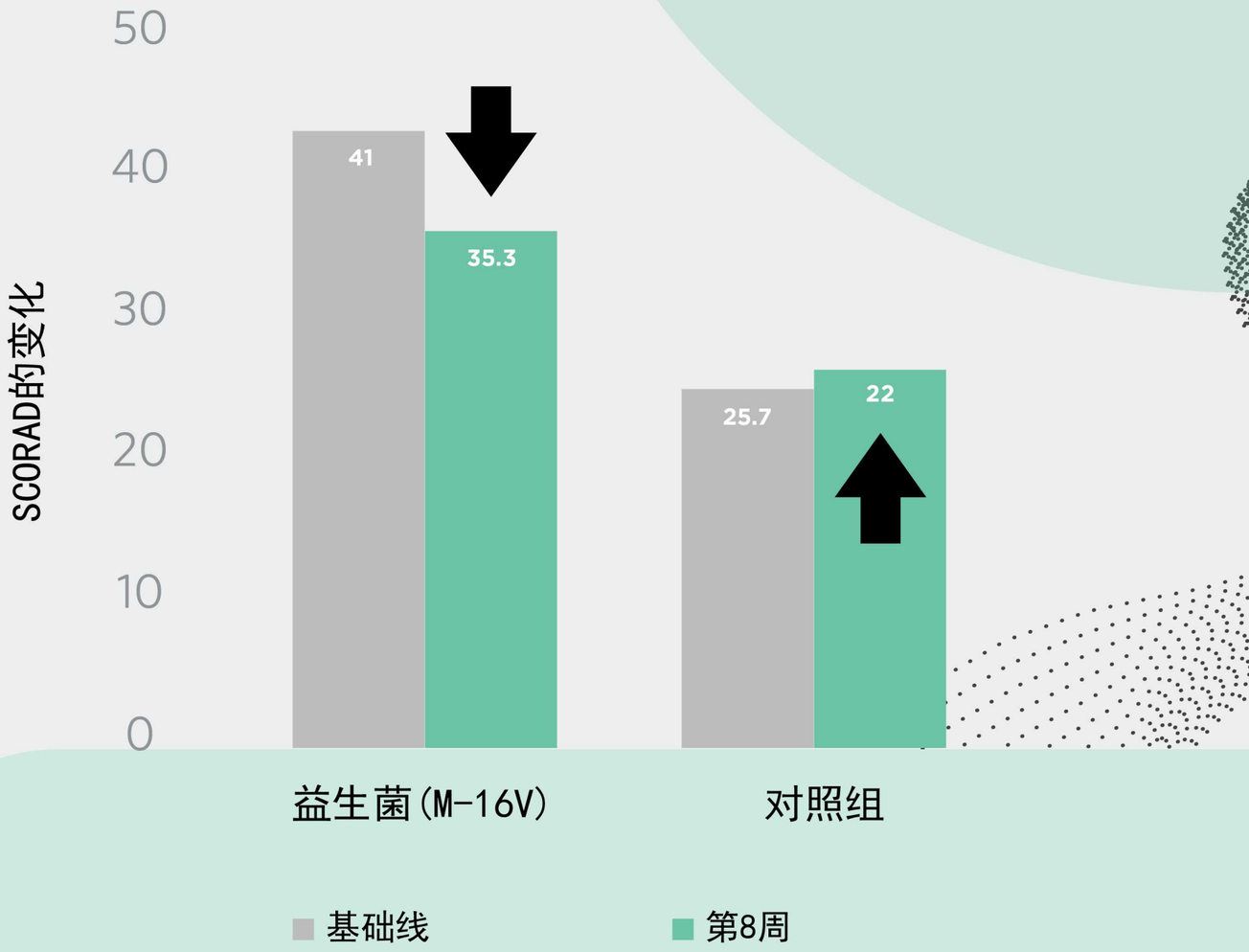
Source:
Hikaru, U., Koichi, S., Yayoi, S., Hiromichi, S, Hiroaki, S., Yoshikazu, O., ... & Yuichiro, Y. (2010). Bifidobacterial prevents preterm infants from developing infection and sepsis. International Journal of Probiotocs & Prebiotics, 5(1), 33.

02

改善

特应性皮炎的严重程度

特应性皮炎严重程度评分（SCORAD）

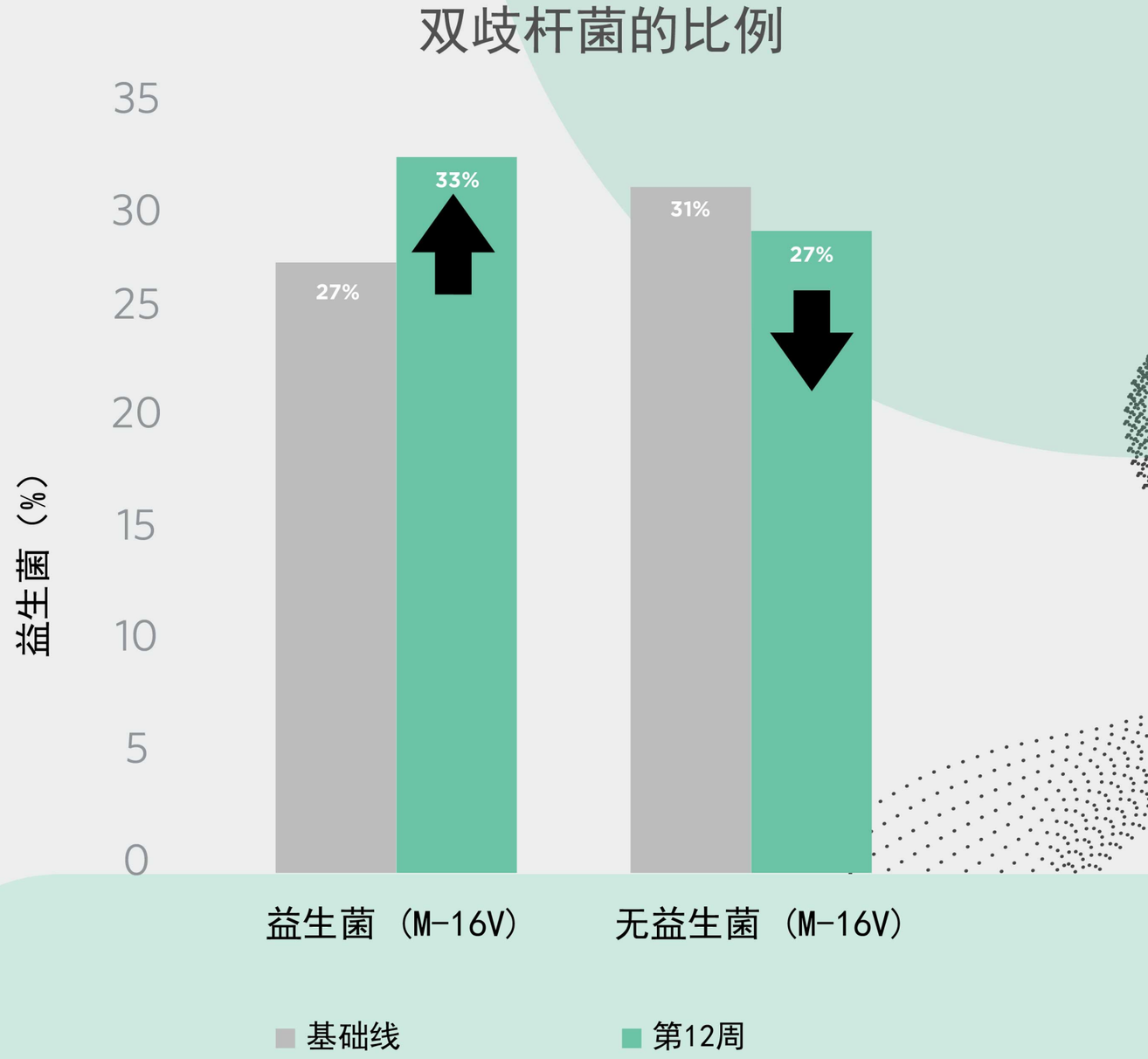


Source:
Yoshida, Y., Seki, T., Matsunaka, H., Watanabe, T., Shindo, M., Yamada, N., & Yamamoto, O. (2010). Clinical effects of probiotic Bifidobacterium breve supplementation in adult patients with atopic dermatitis. Yonago Acta Med, 53 (2), 37-45.

03

增加

健康幼儿的粪便微生物群的组成和代谢活动



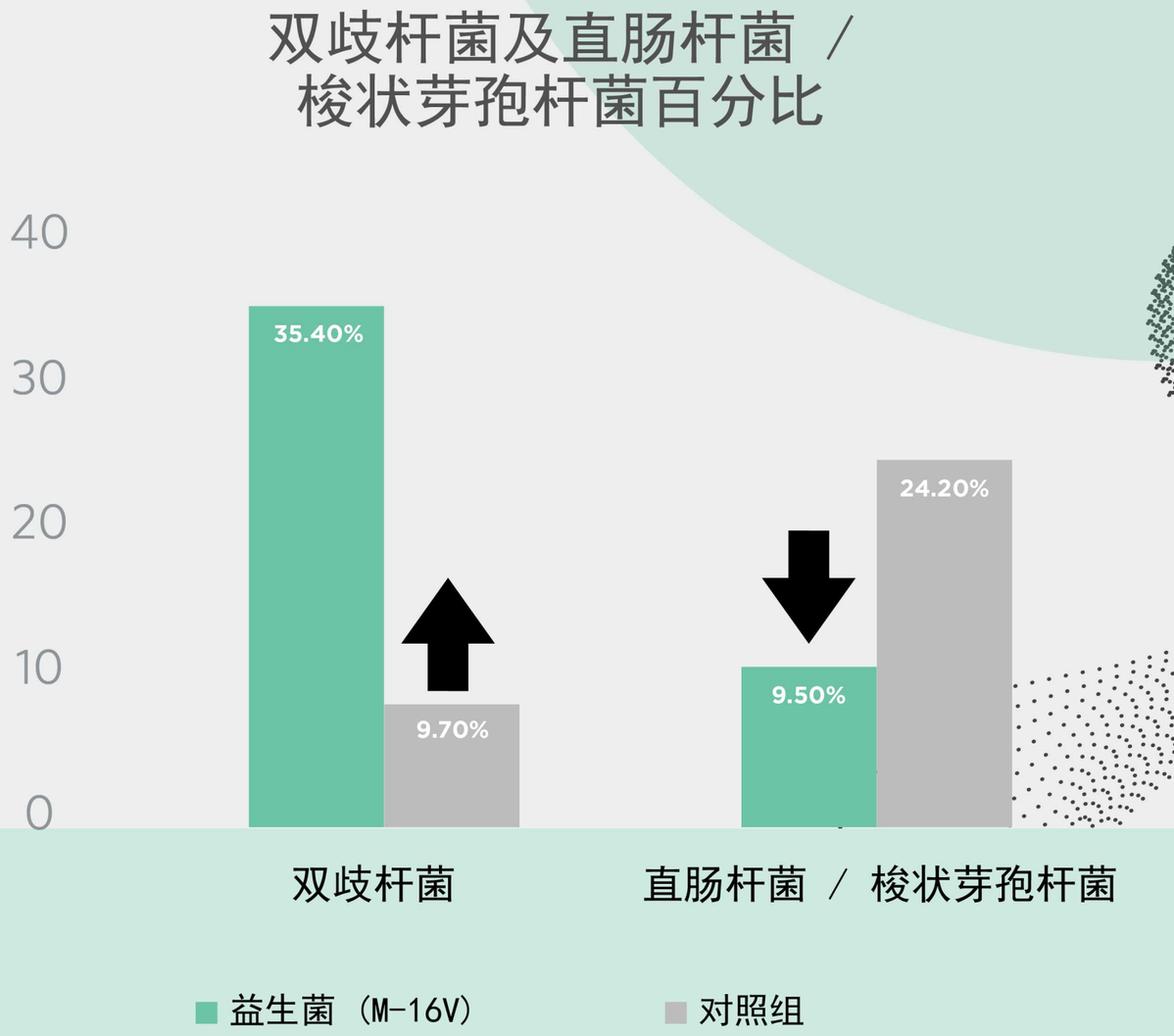
Source:
Kosuwon, P., Lao-Araya, M., Uthaisangsook, S., Lay, C., Bindels, J., Knol, J., & Chatchatee, P. (2018). A symbiotic mixture of scGOS/IcFOS and Bifidobacterium breve M-16V increases faecal Bifidobacterium in healthy young children. Beneficial Microbes, 9(4), 541-552.

04

改善婴儿菌种

较高于双歧杆菌比例

较低于直肠杆菌 / 梭状芽孢杆菌中含量



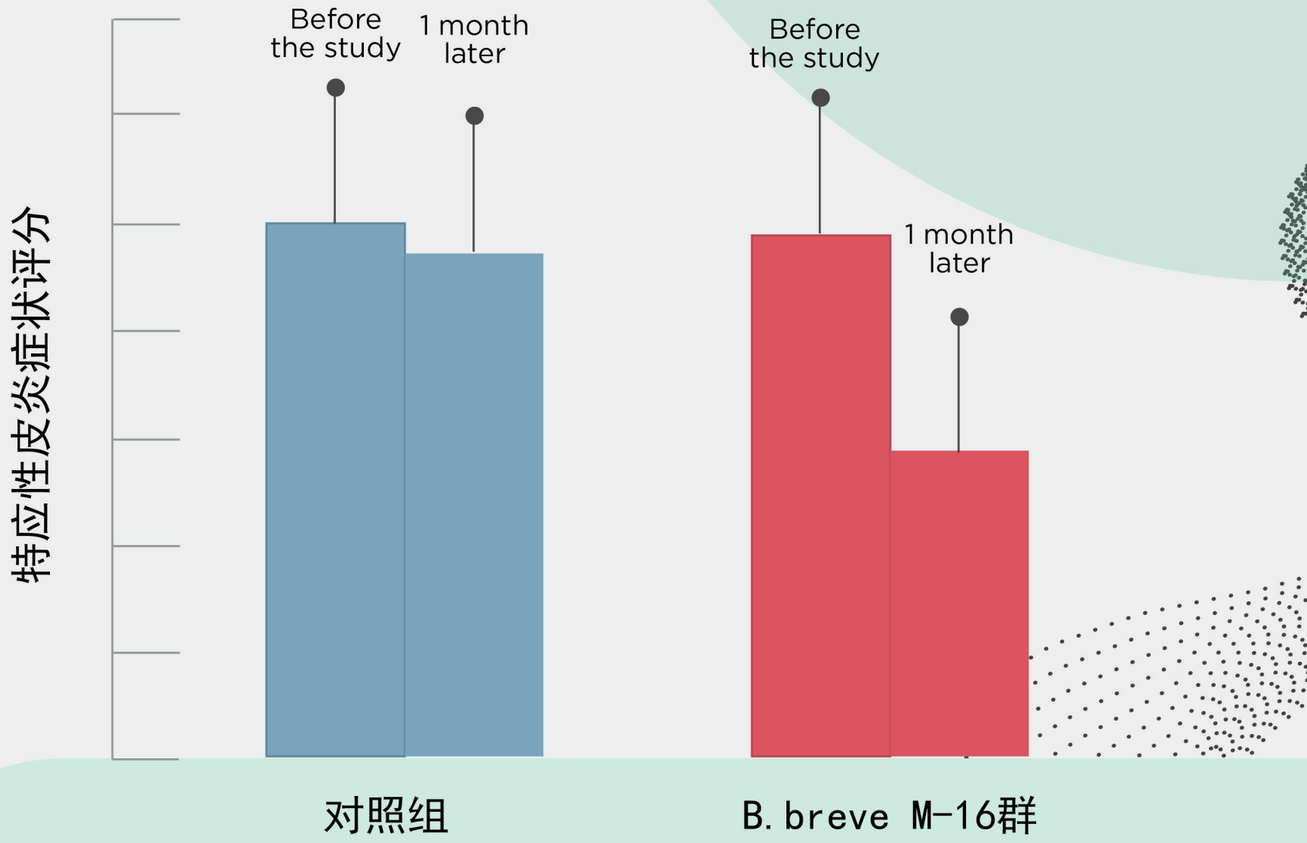
Source:
Candy, D.C.A., Van Ampting, M.T.J., Oude Nijhuis, M.M., Wopereis, H., Butt, A.M., Peroni, D.G., Vandenplas, Y., Fox, A.T., Shah, N., West, C.E., Garssen, J., Harthoorn, L.F., Knol, J., & Michaelis, L.J. (2018). A symbiotic-containing amino-acid-based formula improves gut microbiota in non-IgA-mediated allergic infants. Pediatric research, 83(3), 677-686.

05

明显改善

过敏症状 异位性皮炎（Atopic Dermatitis）

给予B. breve M-16V后 异位性皮炎症状评分的变化



Source:
Hattori K., Yamamoto A., Sasai M., Taniuchi S., Kojima T., Kobayashi Y., Iwamoto H., Namba K., & Yaeshima T. (2003). Effects of Administration of Lyophilized Bifidobacterial Preparation of Fecal Microflora and Allergic Symptoms in Infants with Atopic Dermatitis. Japanese Journal of Allergology. 52, 20-30.

菌株：

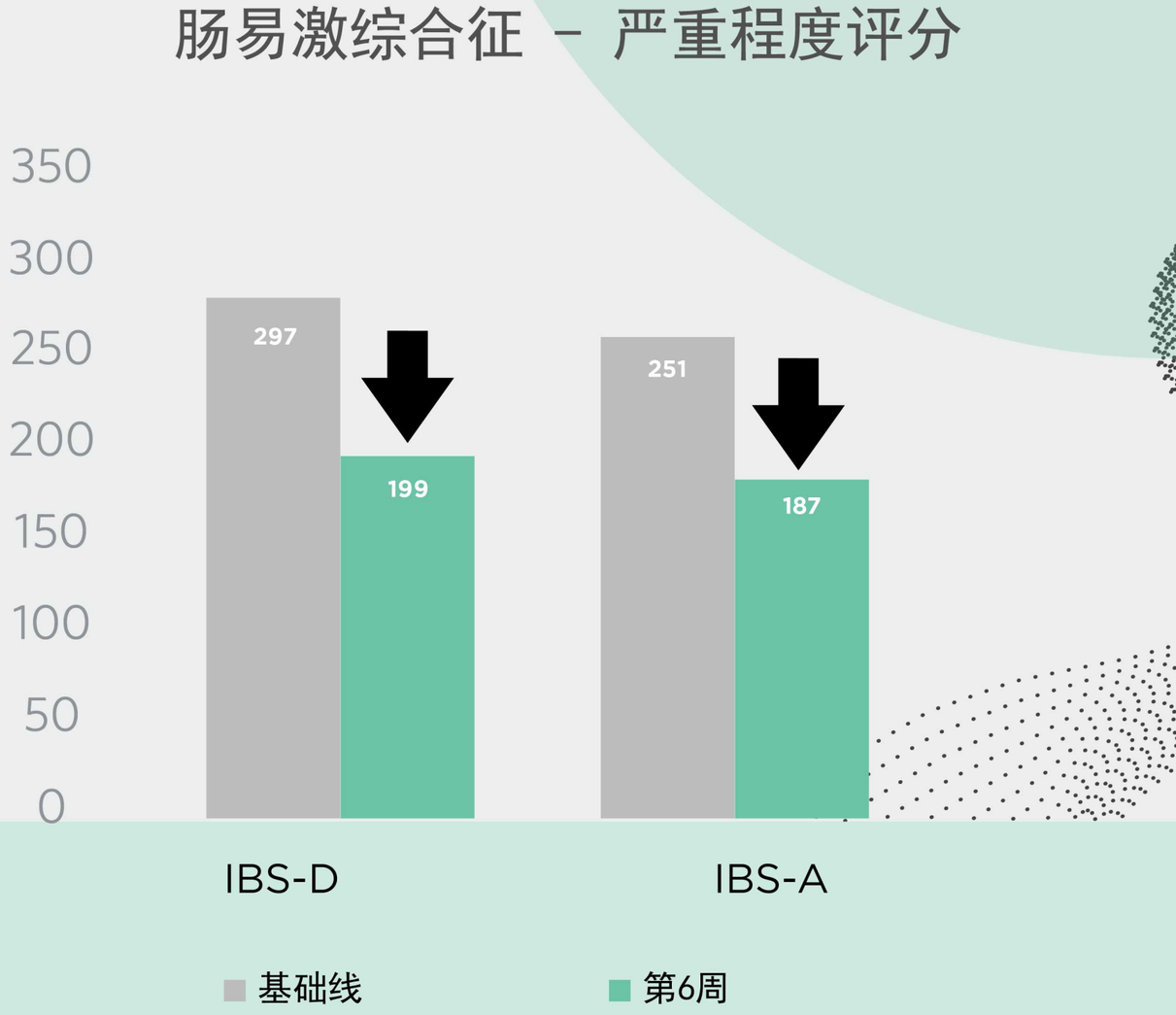
鼠李糖乳杆菌

***Lactobacillus rhamnosus* GG**

01

明显降低

肠易激综合征（IBS）患者的 IBS 严重程度评分

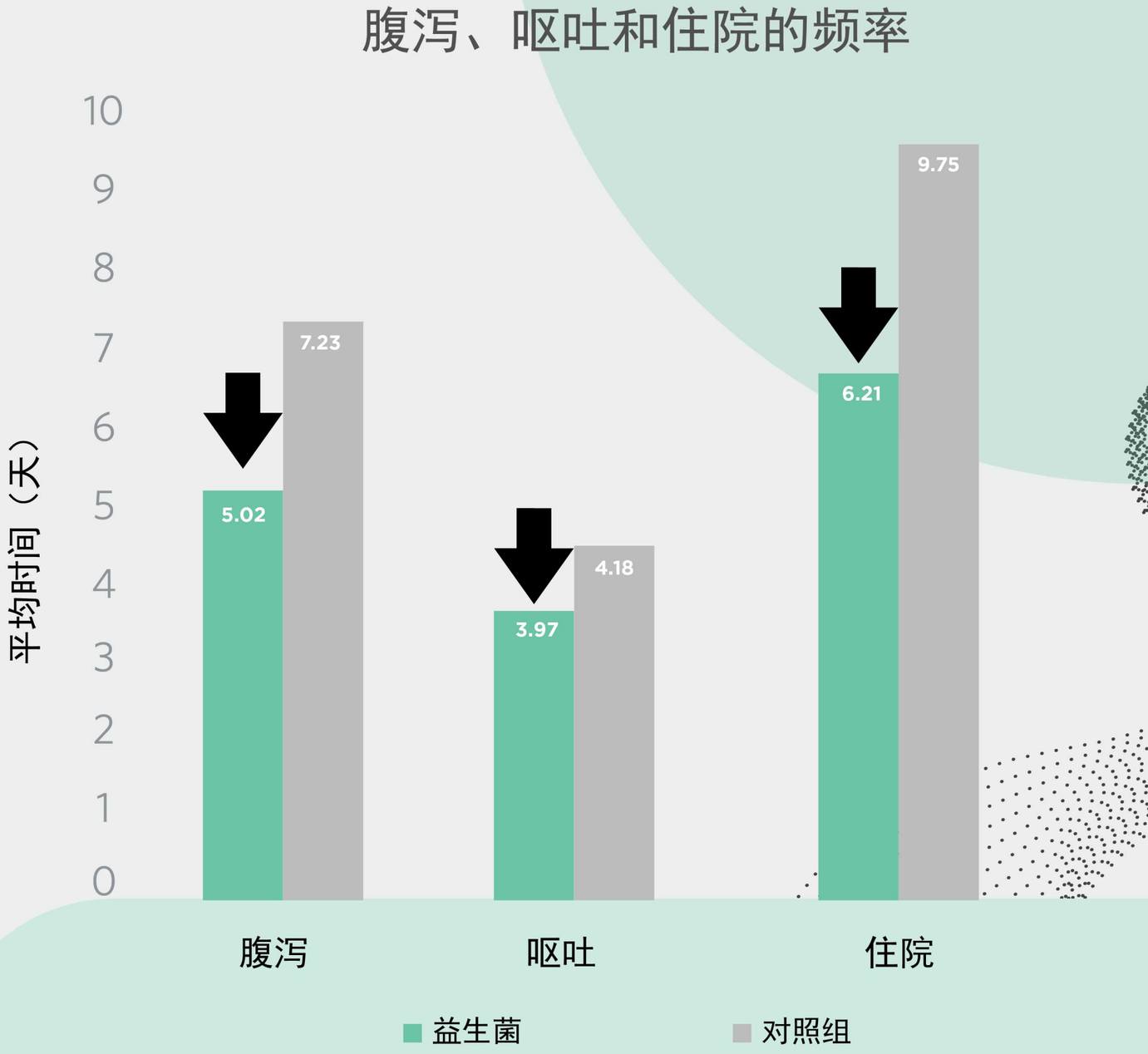


Source:
Pedersen, N., Andersen, N. N., Végh, Z., Jensen, L., Ankersen, D. V., Felding, M., Simonsen, M. H., Burisch, J., & Munkholm, P. (2014). Ehealth: low FODMAP diet vs Lactobacillus rhamnosus GG in irritable bowel syndrome. World journal of gastroenterology, 20(43), 16215–16226. https://doi.org/10.3748/wjg.v20.i43.16215

02

降低

腹泻、呕吐和住院的频率

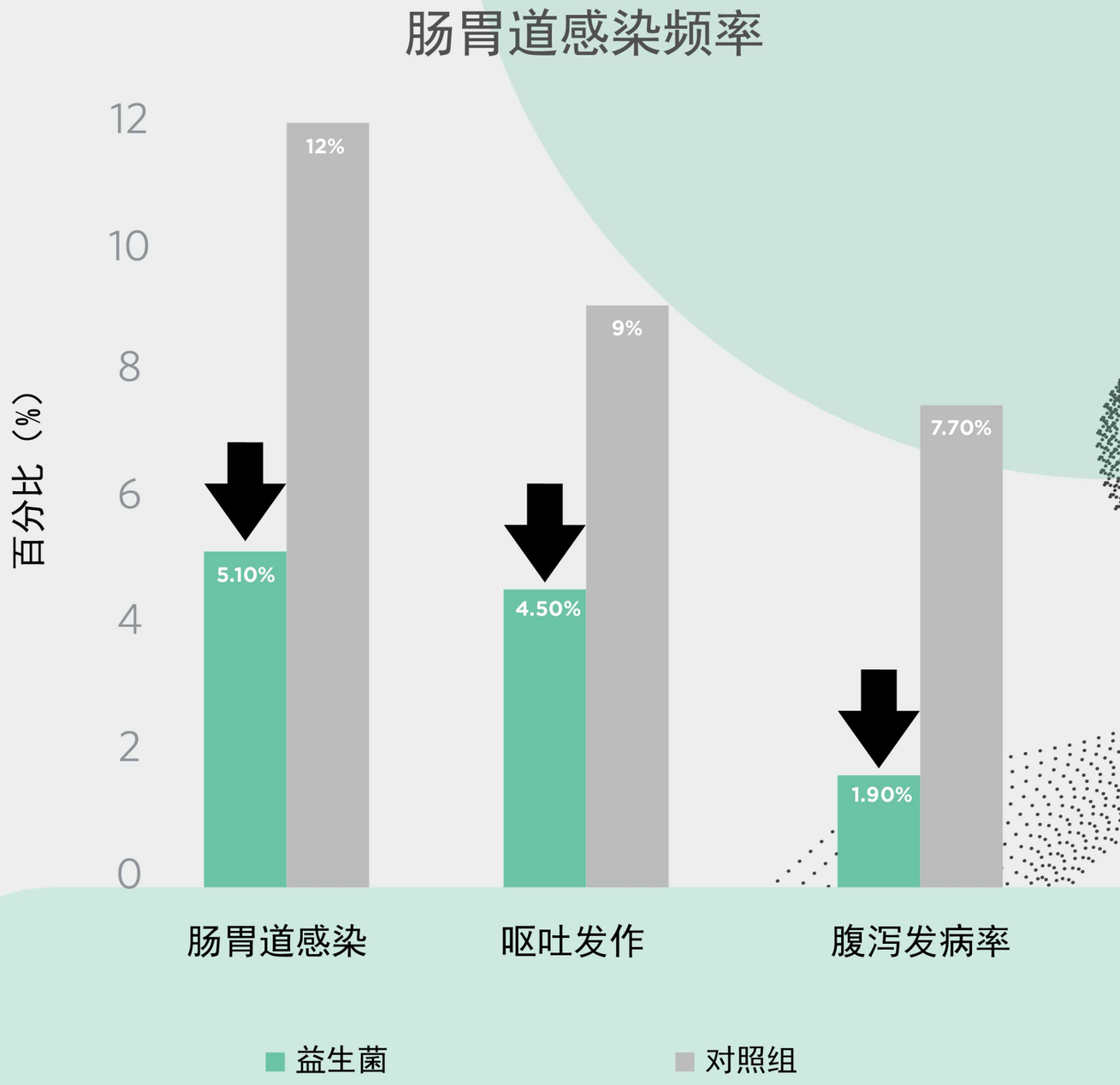


Source:
Basu, S., Paul, D.K., Ganguly, S., Chatterjee, M., & Chandra, P.K. (2009). Efficacy of high-dose Lactobacillus rhamnosus GG in controlling acute watery diarrhea in Indian children: a randomized controlled trial. Journal of clinical gastroenterology, 43(3), 208-213.

03

改善肠胃道感染

降低肠胃道感染（–7%），腹泻发病率（–6%）及呕吐发作（–5%）

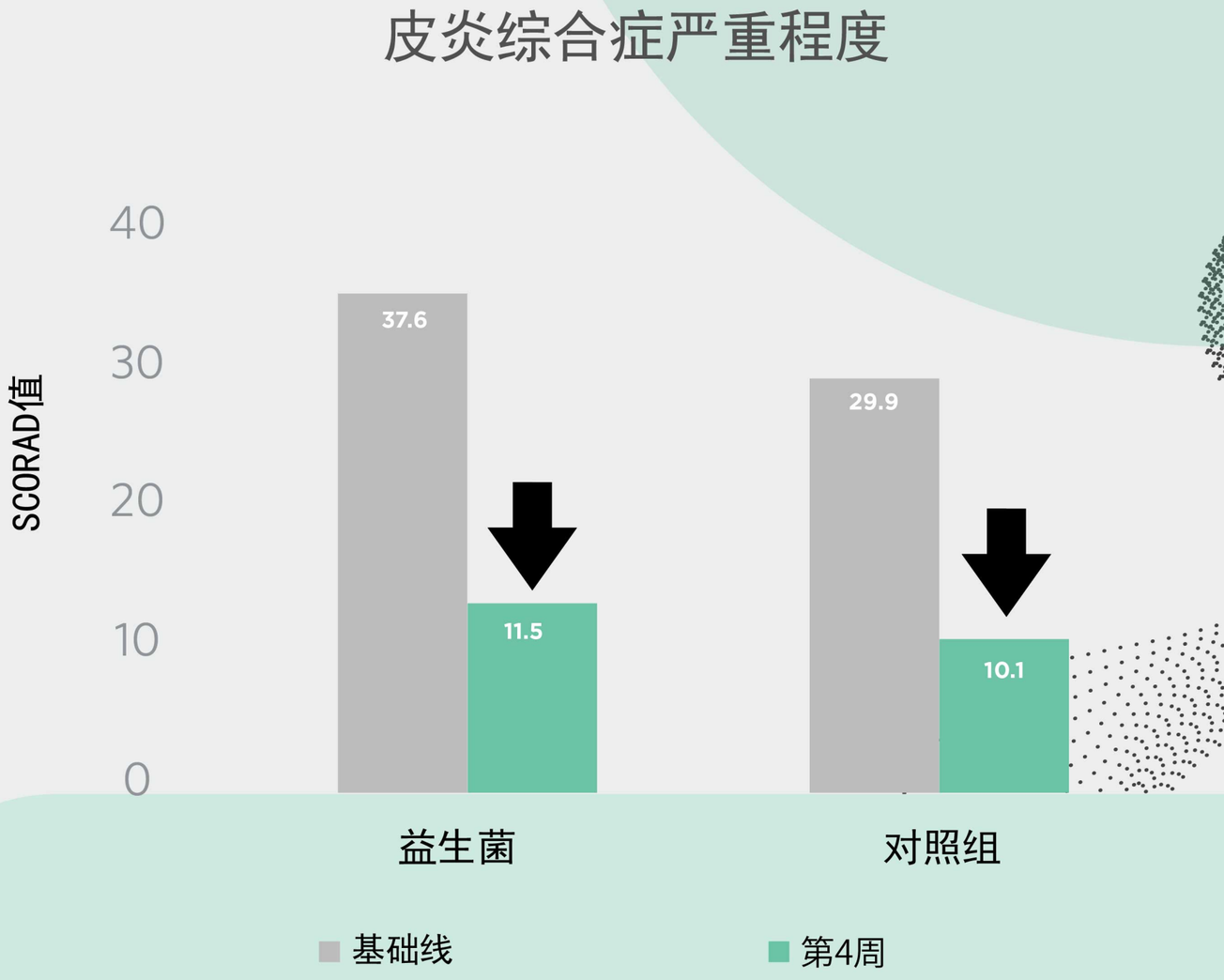


Source:
Hojsak, I., Abdovic, S., Szajewska, H., Milosevic, M., Krznaric, Z., & Kolacek, S. (2010). Lactobacillus GG in the prevention of nosocomial gastrointestinal and respiratory tract infections. Pediatrics, 125(5), e1171-e1177.

04

降低

后特应性皮炎症状值的严重程度



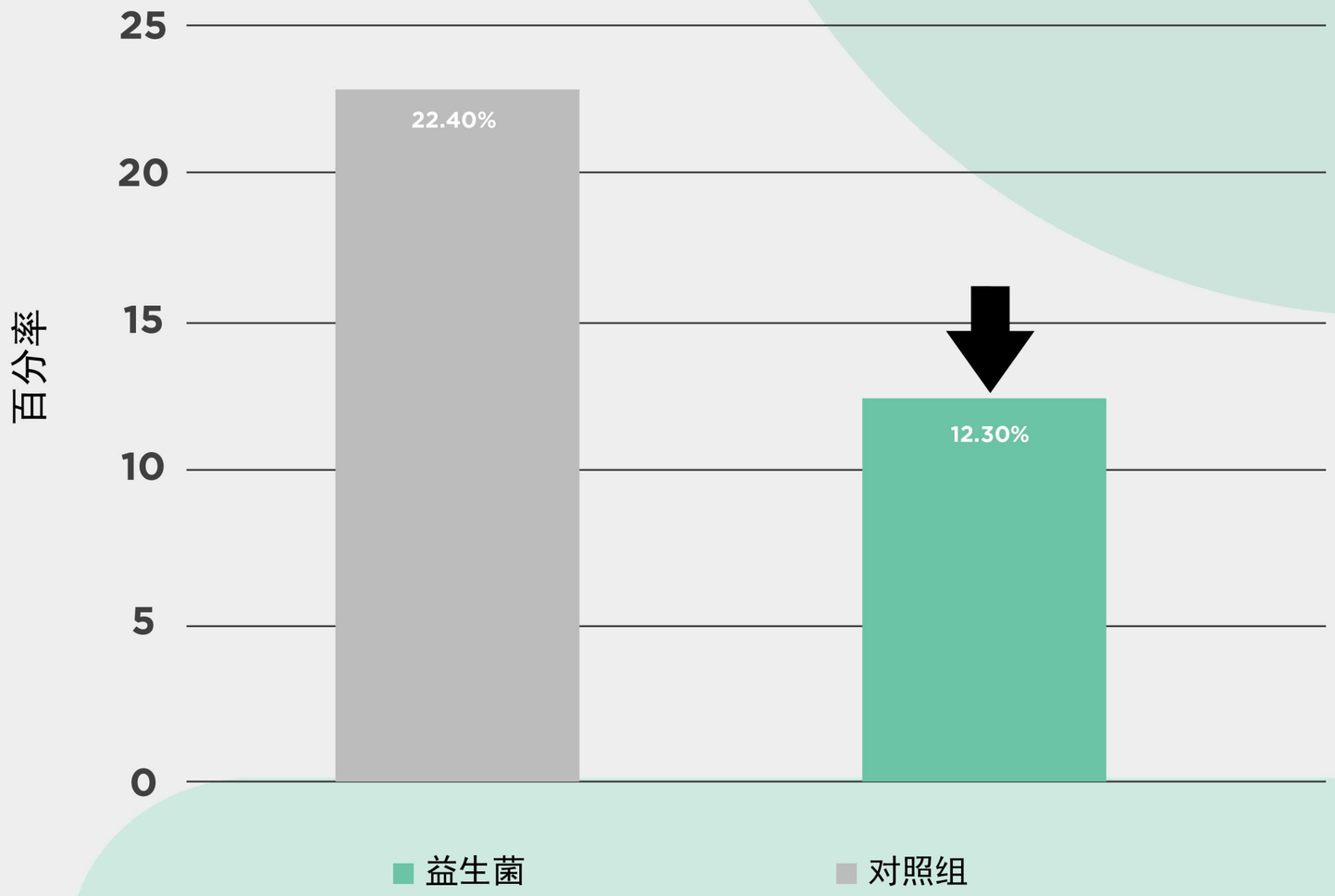
Source:
Viljanen, M., Savilahti, E., Haahtela, T., Juntunen-Backman, K., Korpela, R., Poussa, T., Tuure, T., & Kuitunen, M. (2005). Probiotics in the treatment of atopic eczema dermatitis syndrome in infants: a double-blind placebo-controlled trial. Allergy, 60(4), 494-500.

05

-45%

降低抗生素相关性腹泻的风险

抗生素相关性腹泻（AAD）的风险



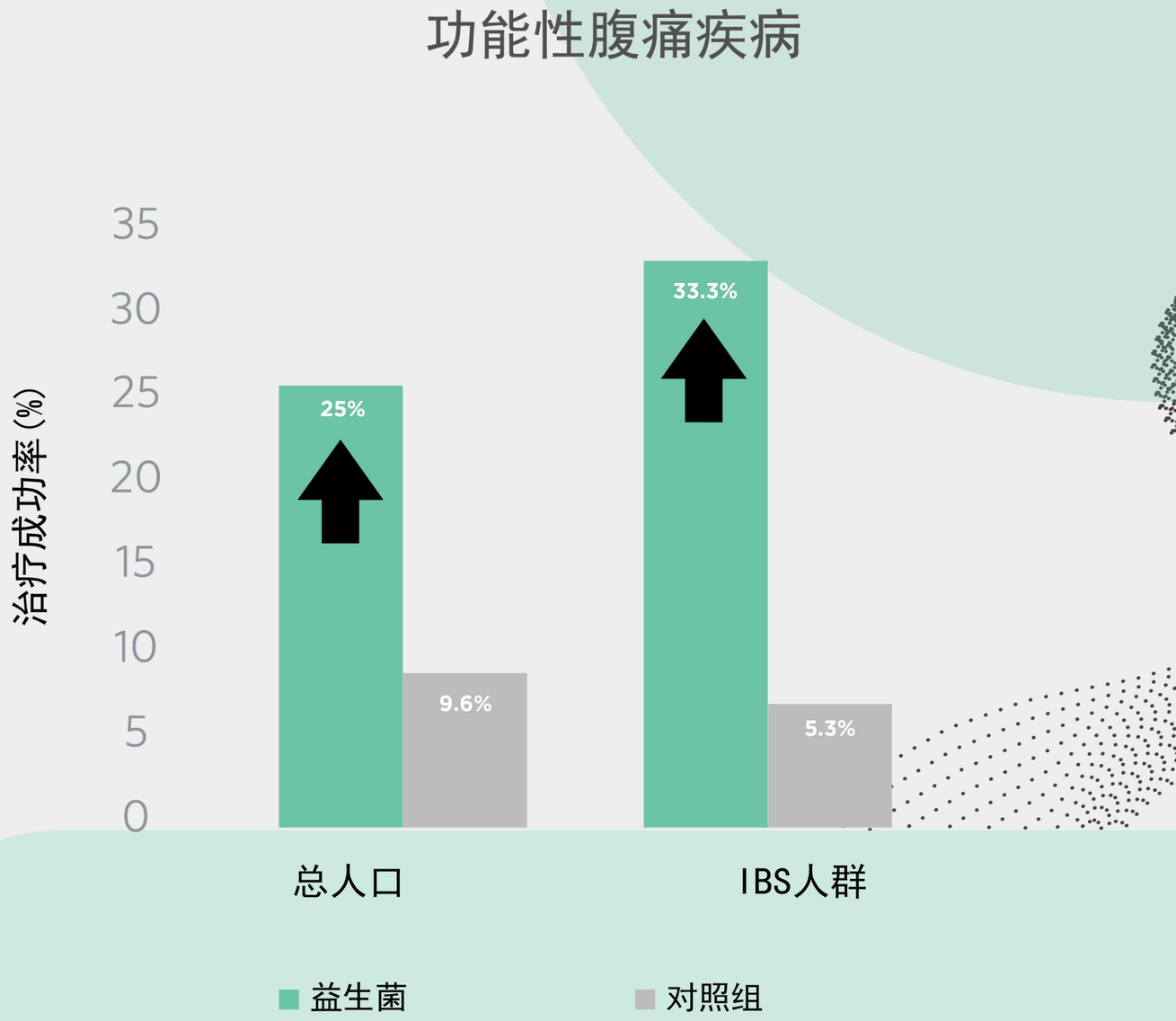
Source:
Szajewska, H., & Kołodziej, M. (2015). Systematic review with meta-analysis: Lactobacillus rhamnosus GG in the prevention of antibiotic-associated diarrhoea in children and adults. Alimentary pharmacology & therapeutics, 42(10), 1149–1157. https://doi.org/10.1111/apt.13404

06

改善儿童功能性腹痛疾病

更高治疗成功率（无疼痛）

- 功能性消化不良和腹痛（15%）及肠易激综合症(28%)

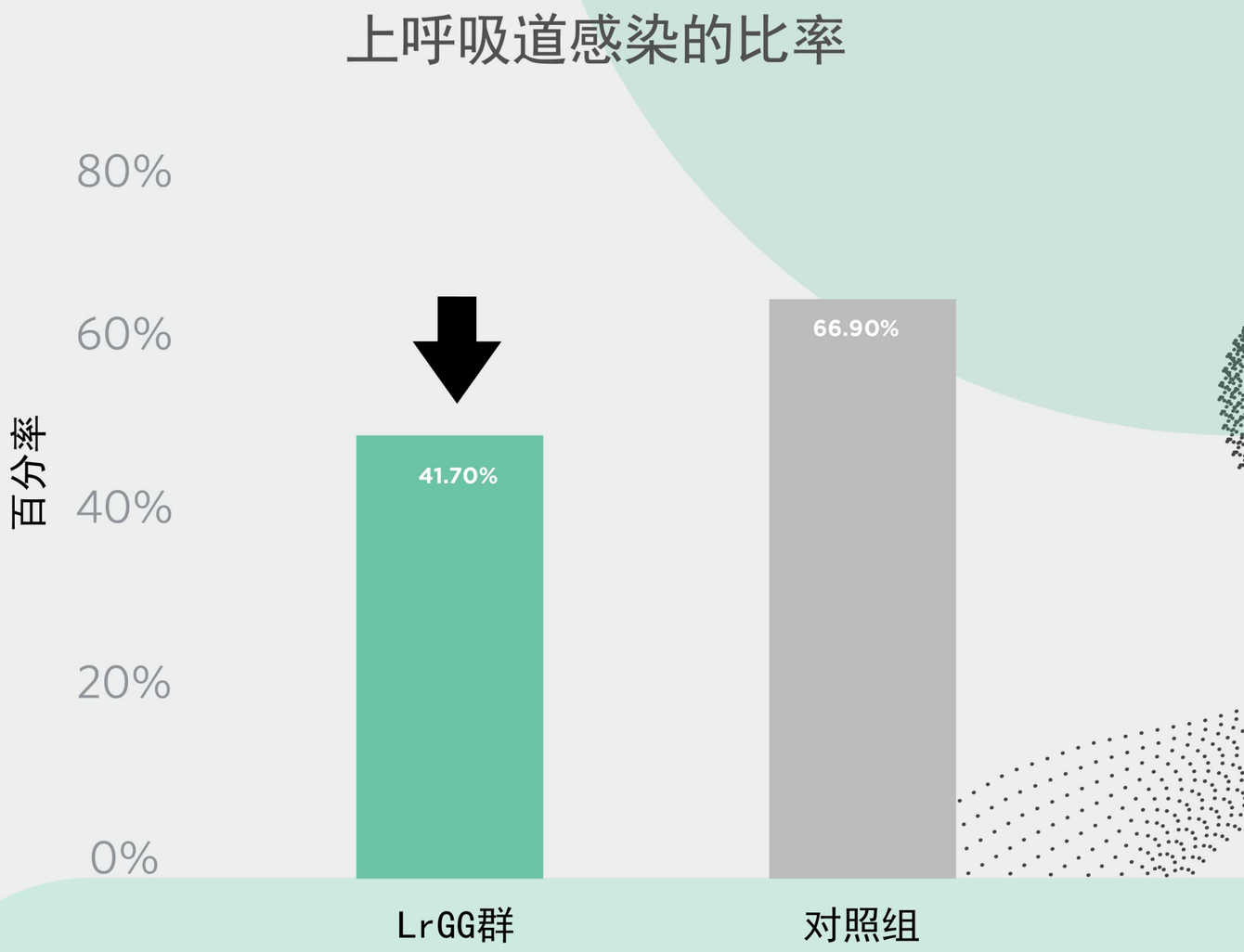


Source:
Gawroriska, A., Dziechciarz, P., Horvath, A., & Szajewska, H. (2007). A randomized double-blind placebo-controlled trial of Lactobacillus GG for abdominal pain disorders in children. Alimentary pharmacology & therapeutics, 25(2), 177-184.

07

降低

上呼吸道感染的风险



Source:
Hojsak, I., Snovak, N., Abdović, S., Szajewska, H., Misak, Z., & Kolacek, S. (2010). Lactobacillus GG in the prevention of gastrointestinal and respiratory tract infections in children who attend day care centers: a randomized, double-blind, placebo-controlled trial. Clinical nutrition (Edinburgh, Scotland), 29(3), 312–316.

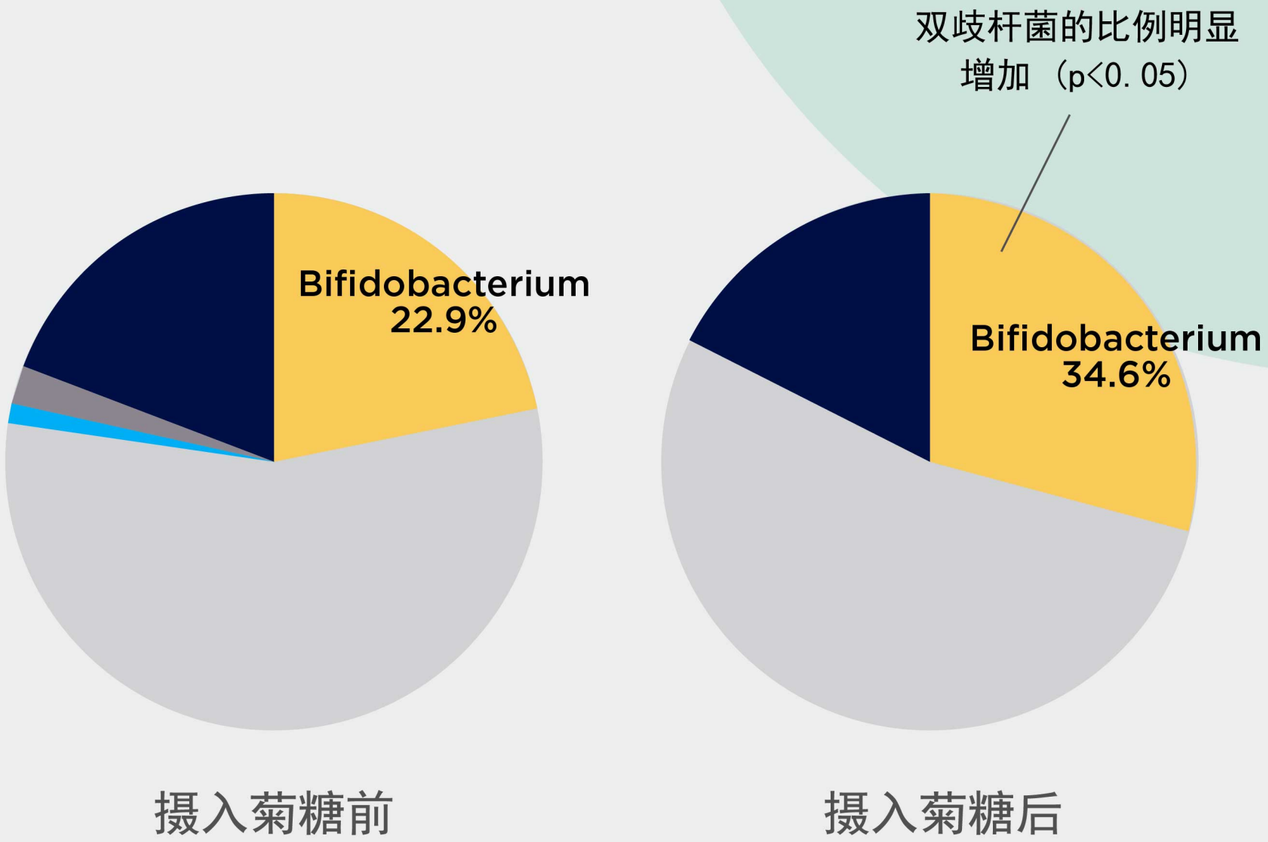
益生元菊糖纤维
Prebiotic Fibre Inulin

01

11.7%

有益细菌（双歧杆菌）的数量增加了

肠道菌群的分布情况



Source:
Hara, K. & Wada, T. & Kaneko, T. (2019). Effect of Fuji FF (Inulin) containing green tea on balance of gut microbiota and bowel habit-a randomized, double-blind, placebo-controlled, cross-over trial-. Japanese Pharmacology and Therapeutics. 47. 479-483.