

Study finds probiotics help hayfever symptoms

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Griffith University research indicates that patients suffering from

allergic rhinitis, otherwise known as hay fever, can specifically benefit from probiotic supplements.

In a study funded by Winlove Probiotics, Griffith's research team at the Menzies Health Institute QLD found eight weeks of supplementation with a specific multi-species probiotic reduced symptoms of [allergic rhinitis](#) and medication use.

This study published in the Journal Genes, found most allergy patients (64%) responded with a clinical improvement in their QoL score, otherwise known as the quality of life scale.

Whilst noting that not all people with allergies respond similarly, Dr. Pete Smith of Queensland Allergy Services and a member of the study team said, "our study may allow us to personalize probiotic treatment for individuals with seasonal allergic rhinitis."

Dr. Nic West of Griffith University adds that the [evidence base](#) for the role of probiotics in allergy continues to increase.

"The results from our study will allow us to conduct targeted research to find strategies people can use during the pollen season," said Dr. West.

Hay fever is a chronic disorder that has a serious impact on quality of life for up to 30% of the general population. Current treatment options are costly and do not tackle the underlying cause of the disorder.

With the aim of helping sufferers the research team examined the differences in the [immune system](#) between responders and non-responders and are currently undertaking a clinical trial of the [probiotic](#) supplement that involves further immune profiling of individuals with [hay fever](#).

More information: undefined West et al. Digital Immune Gene Expression Profiling Discriminates Allergic Rhinitis Responders from Non-Responders to Probiotic Supplementation, *Genes* (2019). [DOI: 10.3390/genes10110889](https://doi.org/10.3390/genes10110889)

Provided by Griffith University

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