

# Probiotics not recommended for most digestive conditions

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(HealthDay)—Probiotics are not recommended for most digestive

conditions, according to a clinical practice guideline issued by the American Gastroenterological Association and published online June 9 in *Gastroenterology*.

Grace L. Su, M.D., from the University of Michigan in Ann Arbor, and colleagues developed guidelines on the role of probiotics in the management of gastrointestinal disorders. The [guidelines](#) were accompanied by a technical review, which provided evidence-based information to guide clinicians.

The authors recommend use of probiotics only in the context of a clinical trial for patients with *Clostridioides difficile* infection. Use of *Saccharomyces boulardii* or specific combinations of probiotics is suggested over no or other probiotics for prevention of *C. difficile* infection for adults and [children](#) on antibiotic treatment. Probiotics are only recommended in the context of a clinical trial for adults and children with Crohn disease and in adults and children with ulcerative colitis. An eight-strain probiotic combination is suggested in adults and children with pouchitis. Probiotics are recommended only in the context of a clinical trial for symptomatic children and adults with irritable bowel syndrome. The use of probiotics is not suggested for children with acute infectious gastroenteritis. A combination [probiotic](#) is recommended in preterm low birth-weight infants.

"While our guideline does highlight a few use cases for probiotics, it more importantly underscores that the public's assumptions about the benefits of probiotics are not well-founded," Su said in a statement.

Two authors of the guideline and two authors from the technical review disclosed financial ties to the pharmaceutical and nutrition industries.

**More information:** [AGA Clinical Practice Guidelines Technical Review](#)

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