

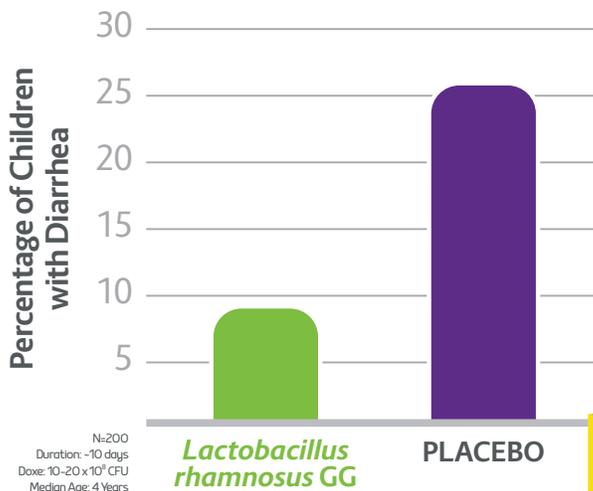
APPLICATION BRIEF



## Culturrelle® probiotics and antibiotic-associated diarrhea Is Culturrelle® part of your routine use for patients taking antibiotics?

The Culturrelle® Kids probiotic line includes many products that are 100% *Lactobacillus rhamnosus* GG, the most extensively studied probiotic strain since its identification in 1985.<sup>†</sup> Numerous clinical trials have shown that supplementation with *Lactobacillus rhamnosus* GG reduces the incidence and duration of side effects resulting from antibiotics such as diarrhea.\*

***Lactobacillus rhamnosus* GG helps prevent and treat antibiotic associated diarrhea in children and adults.\***



In one study specifically administering *Lactobacillus rhamnosus* GG, [Vanderhoof and colleagues](#) administered 10 to 20 billion CFU/day to children receiving oral antibiotics and complaining of diarrhea. *Lactobacillus rhamnosus* GG reduced stool frequency and improved stool consistency during antibiotic therapy.



# Culturelle® probiotics and antibiotic-associated diarrhea

## Is Culturelle® part of your routine use for patients taking antibiotics?



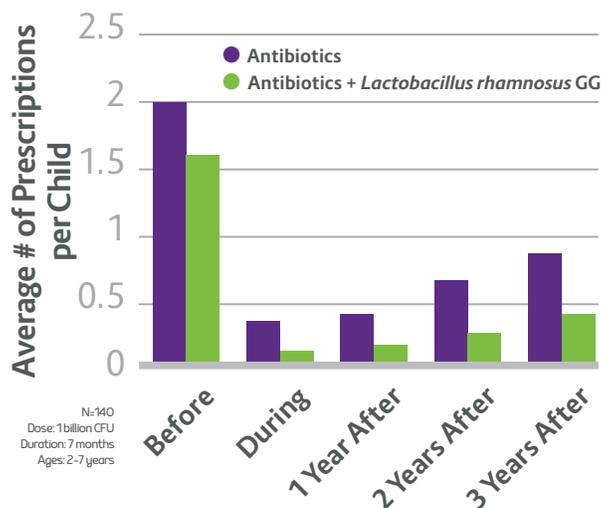
A study worth highlighting, from [Korpela and collaborators](#), analyzed the influence of long-term *Lactobacillus rhamnosus* GG supplementation on healthy preschool children's antibiotic use, antibiotic-associated gastrointestinal complaints, and developing intestinal microbiota. *Lactobacillus rhamnosus* GG supplementation influenced the composition of the intestinal microbiota in children. Notably, ***Lactobacillus rhamnosus* GG supplementation appeared to prevent certain bacterial infections for up to 3 years after the trial, as indicated by reduced antibiotic use.**

A recent meta-analysis by [King and collaborators](#) supported this observation with an assessment of probiotic supplementation on antibiotic use for common, acute infections in otherwise healthy people. They found that infants and children who are given probiotics to reduce the risk for acute respiratory tract infections and acute lower digestive tract infections, have a statistically significantly lower relative risk of being prescribed antibiotics. These authors conclude:

- Evidence suggests that **probiotic supplementation reduces episodes of common infectious diseases** including respiratory tract infections and diarrhea
- Infants and children given probiotics to avoid or reduce the risk for certain infections have a 29% lower relative risk of being prescribed antibiotics.
- Probiotic consumption may be a replacement for antibiotics as patients and clinicians manage self-limited illnesses

While essential to treat bacterial infections, antibiotics also disturb the balance of gut microbiota. Uncomfortable side effects such as diarrhea can result from this imbalance. In fact, [researchers Zaura, Crielaard and team](#) have shown that **one single course of antibiotics can disturb the microbiome for up to one year.** Even after concomitant use with prescribed antibiotics, it can be valuable to the patient to continue use of Culturelle® probiotics with *Lactobacillus rhamnosus* GG after that therapeutic treatment to help regain a strong and viable gut microbiome.\*

Taken together, these findings indicate that supplementation with *Lactobacillus rhamnosus* GG can significantly reduce common side-effects associated with various types of antibiotics, which may ultimately improve compliance and reduce acquired antibiotic resistance.\*



## ORDERING INFORMATION

LABEL NAME	UPC NUMBERS	NDC NUMBERS
Culturelle Kids Sticks (5 B CFUs)	0 49100 40008 2	49100-0400-08
Culturelle Kids Sticks Hospital Unit Dose (5 B CFUs)	0 49100 40063 1	49100-0400-63
Culturelle Kids Chews (5 B CFUs)	0 49100 40015 0	49100-0400-15

\*Based on the number of *Lactobacillus rhamnosus* GG studies, as of January 2021  
Culturelle® is a trademark of DSM.

\*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.