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Volume 121, 2009 - Issue 2

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# Original Research: *Bacillus coagulans* Significantly Improved Abdominal Pain and Bloating in Patients with IBS

Larysa Hun , MD, FAAP

Pages 119-124 | Published online: 13 Mar 2015

 Download citation  <https://doi.org/10.3810/pgm.2009.03.1984>

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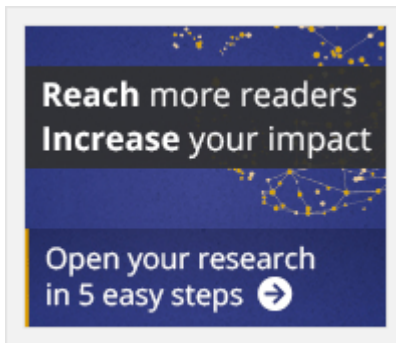
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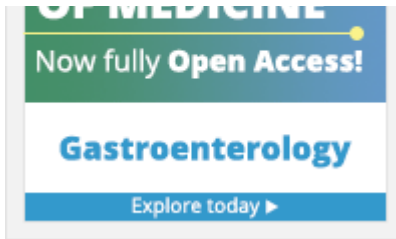
## Abstract

**Background:** Symptoms of irritable bowel syndrome (IBS) can have a profound impact on emotional health and quality of life, and current treatments are sometimes unsatisfactory for patients facing this lifelong disease. Probiotics, which can normalize gastrointestinal microflora, may alleviate symptoms of IBS. **Objective:** This preliminary controlled study was conducted to evaluate the effects of the probiotic *Bacillus coagulans* GBI-30, 6086 on IBS symptoms. **Methods:** This was a randomized, double-blind, parallel-group, placebo-controlled clinical trial involving 44 subjects who received either placebo or *B coagulans* GBI-30, 6086 once a day for 8 weeks. Self-assessments of the severity of IBS symptoms (abdominal pain and bloating) were recorded every day for 8 weeks. Because baseline values were significantly different

between the 2 study groups, within-group analysis was conducted. **Results:** Improvements from baseline abdominal pain and bloating scores in the *B coagulans* GBI-30, 6086 group were statistically significant for all 7 weekly comparisons ( $P < 0.01$ ). In the placebo group, only changes in abdominal pain scores at weeks 6 and 8 achieved statistical significance ( $P < 0.05$ ). No treatment-related adverse events or serious adverse events were reported during the 8-week study period. **Conclusions:** Preliminary data suggest that the patented *B coagulans* GBI-30, 6086 probiotic may be a safe and effective option for the relief of abdominal pain and bloating for patients with IBS. Larger, extended trials are needed to verify these results.

**Q Keywords:** probiotics irritable bowel syndrome Bacillus coagulans GanedenBC<sup>30</sup>  
lactic acid-producing bacteria





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