

Improving constipation by ingesting BR-108

[Methods]

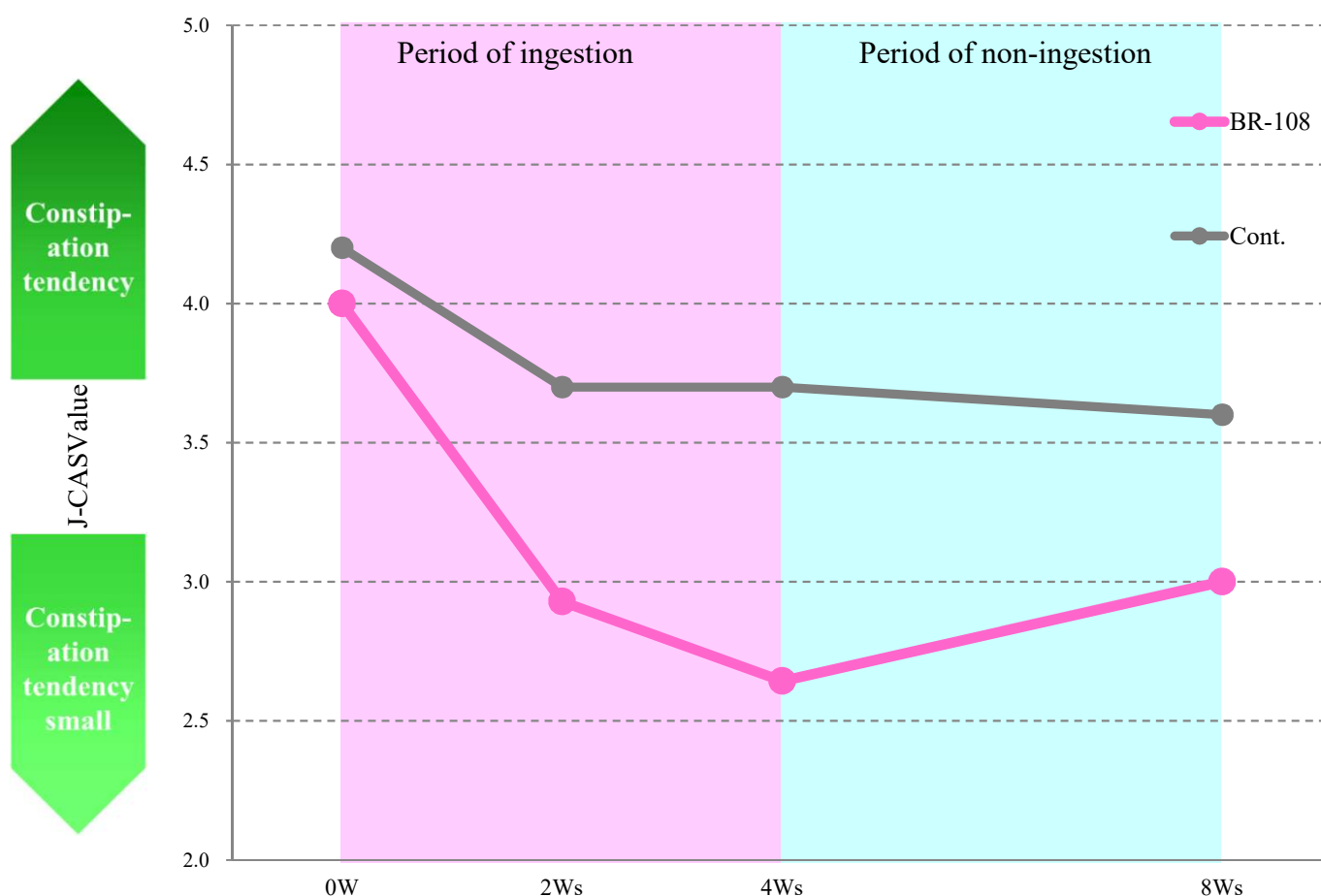
Forty-eight adult women (mean age 21.9 years) received 24 BR-108 and 23 placebo-fed groups, divided into two groups: J-CAS (Constipation Assessment Scale: sum of 8-item 3-level assessments). Tablets containing 20 billion BR-108 were administered to BR-108 group, and dextrin-treated tablets were administered to the placebo-treated group for 4 weeks and 1 tablet daily to evaluate the effect of improving constipation. There was also no restriction of medication during the ingestion period.

[Results and Discussion]

There was no change in the mean body weight of each group during the ingestion period.

Subjects with a pre-ingestion questionnaire J-CAS of 2 or higher were considered to have a tendency to constipation. In addition, subjects who took antibiotics or constipation drugs during the period of ingestion were excluded from the compilation results. This resulted in 14 patients receiving BR-108 and 10 patients receiving placebo.

Questionnaire-Results from BR-108 Consumption in Subjects with Constipation Propensity



The mean J-CAS level in the placebo-fed group did not change significantly before and after ingestion as 4.2 → 3.7 → 3.7, whereas it tended to decrease as 4.0 → 2.9 → 2.6 in BR-108 fed group.

By this, constipation amelioration accompanied with the body feeling can be expected by taking the sterilized bifidobacterium BR-108.

In addition, in BR-108 group, the mean J-CAS level was low even 4 weeks after the end of the ingestion, which is expected to improve the constitution by improving the gut microbiota.