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Got Gas? Probiotics Can Make it a Problem of the Past.

*New clinical study shows probiotic strain – *Bacillus coagulans* – reduces intestinal gas symptoms in healthy adults and improves quality of life even for those without specific gastrointestinal (GI) disorders*

CLEVELAND (Dec. 15, 2009) – A clinical study just published in *BMC Gastroenterology* found that an over-the-counter product containing the probiotic strain, *Bacillus coagulans* GBI-30, PTA-6086, trademarked by Ganeden Biotech as Ganeden**BC30**, was significantly more effective than placebo in providing relief to subjects suffering from intestinal gas. *Bacillus coagulans* has already been shown to be effective in more serious disorders, such as irritable bowel syndrome (IBS), but the study is the first to show a gastrointestinal (GI) benefit in otherwise healthy adults.

The study adds to the growing body of evidence behind the *Bacillus coagulans* strain, which is rapidly gaining popularity in fortified foods and beverages and provides additional rationale for why the general population should consider taking [probiotics](#) everyday. Today, nearly half of all Americans report that uncomfortable digestive problems affect their day-to-day lives, according to a survey by the Foundation for Digestive Health and Nutrition.

The randomized, double-blind, placebo-controlled study found that subjects taking **Digestive Advantage Gas Defense Formula**, an over-the-counter product marketed by Ganeden Biotech that contains the [Bacillus coagulans](#) probiotic strain, experienced statistically significant improvement versus placebo in the Gastrointestinal Symptom Rating Scale (GSRS) total score over the four weeks of product use. While there are several over-the-counter products marketed for intestinal gas, few have clinical evidence to support their effectiveness.

The authors of the study concluded that **Digestive Advantage Gas Defense Formula** was effective in improving the quality of life and reducing GI symptoms in adults with intestinal gas symptoms and no GI diagnoses.

“Many people may not understand that probiotics are more than something you find just in yogurt,” said [Dr. Michael Roizen](#), *New York Times* best-selling author, co-founder of RealAge, and Chief Wellness Officer at the Cleveland Clinic. “Taking probiotics is a good habit that can really benefit your digestive system, which is intricately connected to your overall health, yet most Americans are still unfamiliar with them and the good they can do.”

Intestinal gas results from the fermentation of undigested carbohydrates in the lower bowel. The lack of appropriate enzymes to break down these carbohydrates before they reach the lower bowel is a major factor, as is the case with people who are lactose intolerant. *Bacillus coagulans* has been shown in an *in vitro* model of the human digestive tract to aid in the digestion of carbohydrates, including lactose and fructose. Because *Bacillus coagulans* can grow for days throughout the intestinal tract, it can help break down carbohydrates before they cause gas.

“We were impressed by the results given the strong placebo effect present in this study, a phenomenon quite common in studies involving subjective measures,” said Douglas Kalman, Ph.D., R.D., author of the 61 subject study and fellow of the American College of Nutrition. “Although *Bacillus coagulans* has previously been shown to be effective for serious GI disorders, such as IBS and antibiotic associated diarrhea, this study suggests that the general population can also benefit and address a common GI complaint.”

David Keller, M.D., who oversees scientific affairs at Ganeden, said, “[Digestive Advantage Gas Defense Formula](#) is unique among today’s products designed to alleviate gas because you don’t have to take it with every meal. Consumers find many other gas products less effective and less convenient—as they are recommended to be consumed at the time you’re eating gas-causing food or after gas is already an issue. Consumers don’t always know which foods are going to cause gas, and they don’t want to wait until they have gas to do something about it.”

Marshall Fong, Ganeden's vice president of marketing, said "Consumers who try **Digestive Advantage** are much more likely to become repeat purchasers than people who try 30 other of the most popular brands of digestive products sold in store, according to a nationally-representative sample of 70,000 households. We believe people are more loyal consumers of our products because they really work, and the clinical study supports that."

Several food and beverage companies have recently added Ganeden's probiotic strain to their products. Ganeden Biotech provided a research grant to help fund study highlighted in this news release, and the company intends to continue supporting research to show how its probiotic strain can benefit both the general population and those with specific health issues, added Fong.

For complete study findings, please visit <http://www.biomedcentral.com/1471-230X/9/85>.

About Ganeden Biotech

Founded in 1996, Ganeden Biotech Inc. is a private company based in Cleveland, Ohio, and is one of the largest sellers of over-the-counter probiotics in the U.S. through its [Digestive Advantage](#) and [Sustenex](#) brands. It also licenses its patented probiotic bacteria, [GanedenBC30](#), for use in commercial food and beverage applications as well as in medical foods and dietary supplements. GanedenBC30 was found to be Generally Recognized As Safe (GRAS) by an independent expert panel assembled to assess its safety in use as a food ingredient. Digestive Advantage and Sustenex are available at more than 40,000 retailers nationwide including Walmart, CVS/pharmacy, Walgreens, Rite-Aid, Stop & Shop, Giant, Publix, Kroger, and Target. For more information, visit www.digestiveadvantage.com, www.sustenex.com, or www.ganedenlabs.com.

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