science for health

Lactobacillus casei Shirota: key studies

Lactobacillus casei Shirota (LcS) is the unique probiotic strain in Yakult

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Index

1. Infectious diarrhoea and antibiotic-associated diarrhoea

Use of probiotics in preventing antibiotic-associated diarrhoea and *Clostridium difficile* associated diarrhoea in spinal injury centres: an international multicentre study. Wong S, Saif M, O'Driscoll J *et al* (2015) *International Journal of Probiotics Prebiotics* **10**(23):85-90.

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2. Other infections

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The effectiveness of *Lactobacillus* beverage in controlling infections among the residents of an aged care facility: a randomized placebo-controlled double-blind trial. Nagata S, Asahara T, Wang C, Suyama Y *et al* (2016) *Annals of Nutrition & Metabolism* **68**(1):51-59.
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3. Gut function (e.g. IBS, constipation, IBD, NEC, liver)

Fermented milk containing *Lactobacillus casei* strain Shirota preserves the diversity of the gut microbiota and relieves abdominal dysfunction in healthy medical students exposed to academic stress. Kato-Katoaka A, Nishida K, Takada M *et al* (2016) *Applied and Environmental Microbiology* **82**(12):3649-58.
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4. **Metabolic risk factors** (e.g. insulin resistance, blood pressure)

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7. Miscellaneous (e.g. safety, gut survival, enteral feed, sports, oral, reduction of harmful substances, etc)

Beneficial effects of Lactobacillus casei strain Shirota on academic stress-induced sleep disturbance in healthy adults: a double-blind, randomised, placebo-controlled trial. Takada M, Nishida K, Gondo Y *et al* (2017) *Beneficial Microbes* **8**(2):153-162
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