

LcS Topic: Constipation & IBS

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

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Human studies

Efficacy of *Lactobacillus casei* Shirota for patients with irritable bowel syndrome. Thijssen AY, Clemens CHM, Vankerckhoven V *et al* (2015) *Eur J Gastro Hepatol* Oct 13 [Epub ahead of print]
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The concept of small intestinal bacterial overgrowth in relation to functional gastrointestinal disorders. Gibson P & Barrett J (2010) *Nutrition* **26**(11):1038-1043

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