Effects of ingesting *Lactobacillus*-and *Bifidobacterium*-containing yogurt in subjects with colonized *Helicobacter pylori.*


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BACKGROUND: Evidence suggests that ingesting lactic acid bacteria exerts a suppressive effect on *Helicobacter pylori* infection in both animals and humans. Supplementing with *Lactobacillus* - and *Bifidobacterium*-containing yogurt (AB-yogurt) was shown to improve the rates of eradication of *H. pylori* in humans. OBJECTIVE: We administered AB-yogurt to subjects with asymptomatic *H. pylori* to test whether the yogurt could inhibit *H. pylori* growth. DESIGN: The in vitro inhibition of *H. pylori* growth was determined by inoculating *Lactobacillus acidophilus* La5 or *Bifidobacterium lactis* Bb12 on plates that were inoculated with *H. pylori*. Assessment of the viability of *H. pylori* was performed by the mixed culture method with La5 or Bb12. In an intervention study, 59 adult volunteers infected with *H. pylori* were given AB-yogurt (10(7) colony-forming units of both La5 and Bb12/mL) twice daily after a meal for 6 wk. Eleven subjects positive for *H. pylori* infection were treated with milk placebo as control subjects. *H. pylori* bacterial loads were determined with use of the (13)C-urea breath test, which was performed before and 4 and 8 wk after the start of AB-yogurt supplementation. RESULTS: Bb12 exerted an in vitro inhibitory effect against *H. pylori*, whereas La5 did not show an effect. Administration of AB-yogurt decreased the urease activity of *H. pylori* after 6 wk of therapy (P < 0.0001). CONCLUSION: Regular intake of yogurt containing Bb12 and La5 effectively suppressed *H. pylori* infection in humans.

Publication Types:
Clinical Trial
Randomized Controlled Trial