

Probiotics Protect Nasal Passages from Harmful Bacteria

Probiotics such as Lactobacillus GG, Bifidobacterium, and Lactobacillus acidophilus significantly reduce the amount of pathogenic bacteria that inhabit the nasal passages, according to a recent study.

In an open, prospective trial, researchers randomly assigned 209 volunteers to two groups. One group of 108 subjects consumed a fermented milk drink fortified with probiotics such as Lactobacillus GG (found in VRP's Culturelle™), Bifidobacterium (found in VRP's BioPro™), and Lactobacillus acidophilus. Another group of 101 subjects consumed standard yogurt daily for 3 weeks. The researchers then analyzed nasal bacteria on days 1, 21, and 28 without knowing which subjects the samples originated from. The study authors discovered that there was a significant 19% reduction in the occurrence of nasal pathogenic bacteria in subjects who consumed the probiotic drink, but not in the group who consumed yogurt. The reduction occurred primarily in gram-positive bacteria, which decreased significantly.

According to the researchers, 'The results indicate that regular intake of probiotics can reduce potentially pathogenic bacteria in the upper respiratory tract. The results also indicate a linkage of the lymphoid tissue between the gut and the upper respiratory tract.'

Reference:

Gluck U, Gebbers JO. Ingested probiotics reduce nasal colonization with pathogenic bacteria (Staphylococcus aureus, Streptococcus pneumoniae, and beta-hemolytic streptococci). Am J Clin Nutr. 2003 Feb;77(2):517-20. .