

Livsmedelskategori, livsmedel el livsmedelskomponent (näringsämne el övrigt ämne) Vilken fysiologisk effekt kan uppnås? Samband med hälsa Betingelser för närhälsopåståendet gäller Vetenskaplig bedömning. Typ av dokumentation Vetenskapliga referenser Förslag till formulering av hälsopåståendet COM Codes List 2 Sweden

Food Category, food, or food component Health relationship Conditions for the claim to be valid Nature of evidence References

Example of wording
 #A=Medicinal; #B=Article 14;
 #C=Article 10.3;
 #D=Misleading

Version March 31, 2008
 "Merged cells"

<i>Lactobacillus acidophilus</i> <i>NCFM (ATCC SD5221)</i>	Gut health	10 ⁹ CFU/day	Individual studies (human intervention and animal studies) Review article	see the Swedish Reference list:	maintains the balance of healthy microflora; helps to aid digestion and well-being; #C helps to improve the level of natural good bacteria in your body; #B helps to reduce gastro-intestinal discomfort; #B beneficially affect the intestinal flora; #B reduces lactose intolerance symptoms; #B	claim no 1 CT06 the others: CT03, CT04, CT15;	SE-151
<i>Lactobacillus acidophilus</i> <i>NCFM (ATCC SD5221)</i>	Natural defence/immune system	10 ⁹ CFU/day	Individual studies (human intervention and animal studies) Review article	see the Swedish Reference list:	helps to strenghten your body's natural defences;#A helps to strengthen the natural defences;#A helps to strenghten the natural defences of your body;#A contributes to enhance your body's resistance.#A	CT01, CT15	SE-152
<i>Lactobacillus rhamnosus</i> <i>HN001 AGAL</i> <i>NM97/09514</i>	Gut health	10 ⁹ CFU/day	Individual study (human intervention) Review article	see the Swedish Reference list:	helps to improve the level of natural good bacteria in your body; maintains the balance of healthy microflora; beneficially affects the intestinal flora;	CT06, CT20	SE-153

<i>Lactobacillus rhamnosus</i> HN001 (AGAL NM97/09514)	Natural defence/immune system	5x10 ⁹ CFU/day	Individual studies (human intervention animal studies and in vitro studies)	see the Swedish Reference list:	helps to strengthen your body's natural defences;#A helps to strengthen the natural defenses of elderly;#A contributes to enhance your body's resistance;#A helps to positively influence a healthy immune system.#A	CT01, CT20	SE-154
<i>Bifidobacterium lactis</i> HNO19 (AGAL NM97/09513)	Gut health	10 ⁹ CFU/day	Individual study (human intervention) Review article	see the Swedish Reference list:	helps to improve the level of natural good bacteria in your body; maintains the balance of healthy microflora; beneficially affects the intestinal flora;	CT06, CT15	SE-155
<i>Bifidobacterium lactis</i> HNO19 (AGAL NM97/09513)	Natural defence/immune system	5x10 ⁹ CFU/day	Individual studies (human intervention animal studies and in vitro studies) review articles	see the Swedish Reference list:	-helps to strengthen your body's natural defences;#A -helps to strengthen the natural defenses of elderly; #A -contributes to enhance your body's resistance;#A -helps to positively influence a healthy immune system.#A	CT01, CT20	SE-156 and CIAA 196 + 228
<i>Lactobacillus acidophilus</i> (ATCC SD5221) & <i>Bifidobacterium lactis</i> ATCC SD5220)	Natural defence/immune system	minimum of 5x10 ⁹ CFU/day of each strain	Human clinical study review articles	see the Swedish Reference list: internal report, publication pending	helps to strengthen your body's natural defences;#A helps to strengthen the natural defenses of children; #B contributes to enhance your body's resistance to cold & flu;#A contributes to enhance children's resistance to cold & flu;#A,B reduces the incidence of cold & flu symptoms;#A reduces the duration of cold& flu symptoms#A contributes to reduce respiratory infections#B contributes to reduce respiratory infections in children#B	CT01, CT04, CT20	SE-157

<i>Lactobacillus acidophilus</i> (ATCC SD5221) and <i>Bifidobacterium lactis</i> (ATCC SD5219)	Natural defence/immune system	10 ⁹ CFU/day	Human clinical study	see the Swedish Reference list:	- Helps to reduce biomarkers of allergy#A	CT01, CT20	SE-158
<i>Bifidobacterium lactis</i> B420	Gut health	10 ⁹ CFU/day	Human clinical study	See separate document with Danisco Health Claim references	helps to improve the level of natural good bacteria in your body; maintains the balance of healthy microflora; beneficially affects the intestinal flora;	CT06, CT15	SE-159
<i>Lactococcus lactis</i> L1A NCIMB 40157 (Verum® Hälsofil)	Digestive system	At least 108 cfu/day	In vitro studies Human studies	see the Swedish Reference list: Annex 1 Part 1.	Hjälper till att stärka och hålla magen i balans#C Helps to strengthen and maintain balance in the digestive system#C	CT03, CT15 CT03, CT15	SE-160
<i>Lactobacillus rhamnosus</i> LB21 NCIMB 40564 (Verum® Hälsoyoghurt/ Verum® Drickyoghurt)	Digestive system Immune system	At least 108 cfu/day	In vitro studies Human studies Review article	Annex 1 Part 2.	Hjälper till att stärka och hålla magen i balans#C Helps to strengthen and maintain balance in the digestive system#C	CT03, CT15 CT03, CT20	SE-161
<i>Lactococcus lactis</i> L1A NCIMB 40157	Intestinal flora Digestive health	at least 10 ⁸ cfu/day	In vitro studies Human studies	see the Swedish Reference list:	1.Normaliserar bakteriefloran i tarmen 1. Normalizes the bacterial flora in the intestine 2. Främjar en hälsosam tarmflora 2. Supports a healthy intestinal flora/// 3. Balanserar och stärker bakteriefloran i tarmen#A 3. Balances and strengthen the bacterial flora in the intestine#A 4. Stärker det naturliga försvaret#A 4. Strengthens the natural defences #A 5. Minskar magbesvär vid antibiotikabehandling#A 5. Reduce antibiotic associated gastrointestinal conditions#A	CT06 (claim 1-2);CT01 (claim 3-5), CT15	SE-162

Lactobacillus plantarum LB931 DSM 11918	Intestinal flora Digestive health Urogenital health	at least 10 ⁸ cfu/day	In vitro studies Human studies Review articles	see the Swedish Reference list:Appendix 4	Balanserar och stärker bakteriefloran i underlivet#A Balances and strengthen the bacterial flora in the urogenital area#A Balanserar och stärker bakteriefloran i tarmen#A Balances and strengthen the bacterial flora in the intestine#A Normaliserar bakteriefloran i tarmen och underlivet Normalizes the bacterial flora in the intestine and urogenital area Stärker det naturliga försvaret#A Strengthens the natural defences#A Främjar en hälsosam vaginalflora Supports a healthy vaginal flora	CT01, CT15 CT01, CT15 CT01, CT15 CT01, CT15 CT06, CT15 CT06, CT15 CT01, CT15 CT01, CT15 CT06, CT15	SE-163
Lactobacillus rhamnosus LB21 NCIMB 40564	Intestinal flora Digestive health Oral flora	at least 10 ⁸ cfu/day	In vitro studies Human studies Review articles	see the Swedish Reference list:Appendix 1	Normaliserar bakteriefloran i tarmen Normalizes the bacterial flora in the intestine Balanserar och stärker bakteriefloran i #A Balances and strengthen the bacterial flora in the intestine#A Främjar en hälsosam tarmflora Supports a healthy intestinal flora Stärker det naturliga försvaret#A Strengthens the natural defences#A Minskar magbesvär vid antibiotikabehandling#A Reduce antibiotic associated gastrointestinal conditions#A Minskar tillväxt av kariesframkallande bakterier #B Reduce growth of caries inducing bacteria#B	CT06, CT15, CT16 CT06, CT15, CT16 CT01, CT15, CT16 CT06, CT15, CT16 CT06, CT15, CT16 CT01, CT15, CT16 CT01, CT15, CT16 CT01, CT15, CT16 CT01, CT15, CT16 CT04, CT15, CT16 CT04, CT15, CT16	SE-164

Lactobacillus plantarum LB7c DSM 17853	Intestinal flora Digestive health	at least 10 ⁸ cfu/day	In vitro studies Review articles	see the Swedish Reference list: Appendix 2	Normaliserar bakteriefloran i tarmen Normalizes the bacterial flora in the intestine Balanserar och stärker bakteriefloran i tarmen Balances and strengthen the bacterial flora in the intestine Främjar en hälsosam tarmflora Supports a healthy intestinal flora Stärker det naturliga försvaret#A Strengthens the natural defences#A	CT06, CT15 CT06, CT15 CT06, CT15 CT06, CT15 CT06, CT15 CT01, CT15 CT01, CT15	SE-165
Lactobacillus plantarum LB3e DSM 17852	Intestinal flora Digestive health	at least 10 ⁸ cfu/day	In vitro studies Review articles	see the Swedish Reference list: Appendix 3 N:B: Lactobacillus plantarum LB3e DSM 17852	Normaliserar bakteriefloran i tarmen Normalizes the bacterial flora in the intestine Balanserar och stärker bakteriefloran i tarmen Balances and strengthen the bacterial flora in the intestine Främjar en hälsosam tarmflora Supports a healthy intestinal flora Stärker det naturliga försvaret#A Strengthens the natural defences#A	CT06, CT15 CT06, CT15 CT06, CT15 CT06, CT15 CT06, CT15 CT01, CT15 CT01, CT15	SE-166

<p>Streptococcus sanguis NCIMB 40104</p>	<p>Oral health Throat health</p>	<p>at least 10⁷ cfu/day</p>	<p>Human studies</p>	<p>see the Swedish Reference list:Appendix 4</p>	<p>Minskar tillväxt av bakterier som orsakar överluftvägsinfektioner som exempelvis betahemolytiska streptokocker, H. influenzae, M. catarrhalis #A Reduce the growth of bacteria causing upper respiratory tract infection such as beta-haemolytic streptococci, H. influenzae, M. catarrhalis #A Minskar tillväxt av bakterier som orsakar överluftvägsinfektioner#A Reduce the growth of bacteria causing upper respiratory tract infection#A Goda bakterier som minskar tillväxt av patogena bakterier i munhåla och svalg.#A Good bacteria that reduce the growth of pathogenic bacteria in the throat and oral cavity#A Normaliserar bakteriefloran i mun, tand och svalg Normalizing the bacterial flora in the throat and oral cavity</p>	<p>CT01, CT16 CT01, CT16 CT01, CT16 CT01, CT16 CT01, CT16 CT01, CT16</p>	<p>SE-167</p>
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Streptococcus sanguis NCIMB 40873	Oral health Throat health	at least 10 ⁷ cfu/day	Human studies	see the Swedish Reference list:Appendix 4	<p>Minskar tillväxt av bakterier som orsakar överluftvägsinfektioner som exempelvis betahemolytiska streptokocker, H. influenzae, M. catarrhalis#A</p> <p>Reduce the growth of bacteria causing upper respiratory tract infection such as beta-haemolytic streptococci H. influenzae, M. catarrhalis #A</p> <p>Minskar tillväxt av bakterier som orsakar överluftvägsinfektioner#A</p> <p>Reduce the growth of bacteria causing upper respiratory tract infection#A</p> <p>Goda bakterier som minskar tillväxt av patogena bakterier i munhåla och svalg.#A</p> <p>Good bacteria that reduce the growth of pathogenic bacteria in the throat and oral cavity#A</p> <p>Normaliserar bakteriefloran i mun, tand och svalg</p> <p>Normalizing the bacterial flora in the throat and oral cavity</p>	CT01, CT16 CT01, CT16 CT01, CT16 CT01, CT16 CT01, CT16 CT06, CT16 CT06, CT16	SE-168
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Streptococcus oralis NCIMB 40875	Oral health Throat health	at least 10 ⁷ cfu/day	Human studies	see the Swedish Reference list:Appendix 4	<p>Minskar tillväxt av bakterier som orsakar överluftvägsinfektioner som exempelvis betahemolytiska streptokocker, H. influenzae, M. catarrhalis#A #A</p> <p>Reduce the growth of bacteria causing upper respiratory tract infection such as beta-haemolytic streptococci, H. influenzae, M. catarrhalis#A #A</p> <p>Minskar tillväxt av bakterier som orsakar överluftvägsinfektioner#A</p> <p>Reduce the growth of bacteria causing upper respiratory tract infection#A</p> <p>Goda bakterier som minskar tillväxt av patogena bakterier i munhåla och svalg.#A</p> <p>Good bacteria that reduce the growth of pathogenic bacteria in the throat and oral cavity#A</p> <p>Normaliserar bakteriefloran i mun, tand och svalg</p> <p>Normalizing the bacterial flora in the throat and oral cavity</p>	CT01, CT16 CT01, CT16 CT01, CT16 CT01, CT16 CT01, CT16 CT06, CT16 CT06, CT16	SE-169
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<p>Streptococcus oralis NCIMB 40876</p>	<p>Oral health Throat health</p>	<p>at least 10⁷ cfu/day</p>	<p>Human studies</p>	<p>see the Swedish Reference list:Appendix 4</p>	<p>Minskar tillväxt av bakterier som orsakar överluftvägsinfektioner som exempelvis betahemolytiska streptokocker H. influenzae, M. catarrhalis #A Reduce the growth of bacteria causing upper respiratory tract infection such as beta-haemolytic streptococci H. influenzae, M. catarrhalis #A Minskar tillväxt av bakterier som orsakar överluftvägsinfektioner#A Reduce the growth of bacteria causing upper respiratory tract infection#A Goda bakterier som minskar tillväxt av patogena bakterier i munhåla och svalg.#A Good bacteria that reduce the growth of pathogenic bacteria in the throat and oral cavity#A Normaliserar bakteriefloran i mun, tand och svalg Normalizing the bacterial flora in the throat and oral cavity</p>	<p>CT01, CT16 CT01, CT16 CT01, CT16 CT01, CT16 CT01, CT16 CT06, CT16 CT06, CT16</p>	<p>SE-170</p>
<p><i>Lactobacillus plantarum</i> HEAL 9 (DSM 15312 = 39D)</p>	<p>Strengthens the immune system Establishment of lactobacilli and beneficial changes in the microflora of the intestine and vagina</p>	<p>At least 10⁹ cfu/day</p>	<p>Human studies Animal study Review</p>	<p>see the Swedish Reference list: Berggren et al. 2007, Vásquez, et al. 2005 Berggren 2005 Lavasani 2006 Falagas et al. 2007</p>	<p>Supports your natural / body defence#A Stimulates the immune system#A Helps to maintain a normal vaginal flora Promotes and maintain intestinal health#C Supports a healthy intestinal flora</p>	<p>CT01, CT15, CT20 CT01, CT15, CT20 CT06, CT15, CT20 CT03, CT15, CT20 CT06, CT15, CT20</p>	<p>SE-171</p>

<i>Lactobacillus plantarum</i> HEAL 19 (DSM 15313 = 52A)	Reduces the insulin response after a meal. Establishment of lactobacilli and beneficial changes in the microflora of the intestine and vagina	At least 10 ⁹ cfu/day	Human studies Animal study Review	see the Swedish Reference list: Vásquez, et al. 2005. Nilsson et al 2006 Osman et al 2007 Falagas et al 2007	Helps maintain insulin sensitivity#B Due to its composition this food has a lower insulin response.#B Helps to maintain a normal vaginal flora Promotes and maintain intestinal health#C Supports a healthy intestinal flora	CT04, CT12 CT04, CT12 CT06, CT15 CT03, CT15 CT06, CT15	SE-172
<i>Lactobacillus plantarum</i> HEAL 99 (DSM 15316 = 61A)	Establishment of lactobacilli and beneficial changes in the microflora of the intestine and vagina	At least 10 ⁹ cfu/day	Human studies Review	see the Swedish Reference list: Vásquez, et al. (2005). Falagas et al 2007	Helps to maintain a normal vaginal flora Promotes and maintain intestinal health#C Supports a healthy intestinal flora	CT06, CT15 CT03, CT15 CT06, CT15	SE-173
<i>Lactobacillus paracasei</i> 8700:2 (DSM 13434, 240HI)	Strengthens the immune system Establishment of lactobacilli and beneficial changes in the microflora	At least 10 ⁹ cfu/day	Human studies Animal studies In vitro	see the Swedish Reference list: Berggren et al. 2007, Antonsson et al 2001 Rask et al 2005 Osman et al 2004, Osman et al 2005 Lavasani et al 2006, Hütt et al 2006	Supports your natural / body defence#A Stimulates the immune system#A Promotes and maintain intestinal health#C Supports a healthy intestinal flora	CT01, CT20 CT01, CT20 CT03, CT15 CT06, CT15	SE-174
<i>Lactobacillus paracasei</i> 02A (DSM 13432)	Establishment of lactobacilli and beneficial changes in the microflora	At least 10 ¹⁰ cfu/day	Human In vitro	see the Swedish Reference list: Antonsson et al 2001 Hessle et al 1999	Promotes and maintain intestinal health#C Supports a healthy intestinal flora	CT03, CT15 CT06, CT15	SE-175
<i>Lactobacillus rhamnosus</i> 271 (DSM 6594)	Establishment of lactobacilli and beneficial changes in the microflora Resolution of abdominal pain	At least 10 ⁹ cfu/day At least 10 ¹⁰ cfu/day	Human studies Animal studies In vitro	see the Swedish Reference list: Nobaek et al (manuscript), Johansson et al 1993 Ahrné et al 1995 Adawi et al 1997 Mao et al 1997 Jacobsen et al 1999	Decrease pain in – a common problem of irritable bowel #A Promotes and maintain intestinal health#C Supports a healthy intestinal flora	CT01, CT15 CT03, CT15 CT06, CT15	SE-176
<i>Lactobacillus plantarum</i> 299 (DSM 6595, 67B)	Prevents translocation of pathogenic bacteria Initiates immuno-globulin production Modulates immune production Improves the microflora Increases the mucin production	At least 10 ⁹ cfu/day	Human studies Animal studies In vitro studies	see the Swedish Reference list: Alenfall et al. 2004, Rayes et al. 2002a Rayes et al. 2002b Olah et al. 2002 White et al. 2006 Mao et al. 1997 Adawi et al. 1999 Jacobsen et al. 1999 Pathmakanthan et al. 2004 Adlerberth et al. 1996 Mack 2005 (internal report)	Improves the resistance against infections #A Supports the gut barrier function – improves body protection#A and #C Supports natural/body defence#A	CT01, CT15, CT20 CT01, CT03, CT15, CT20 CT01, CT15, CT20	SE-177

<i>Lactobacillus plantarum</i> 299 (DSM 6595, 67B)	Increase the amount of Lactobacilli in the intestine Decrease the amount of Enterobacteriaceae Inhibit pathogenic bacteria	At least 10 ⁹ cfu/day	Human studies Animal studies In vitro studies	see the Swedish Reference list: Berggren 2005 (internal report), Johansson et al. 1993 Adawi et al. 1999 Mao et al. 1997 Jakobsen et al. 1999	Improves the gastrointestinal flora Supports a healthy intestinal flora Helps to maintain intestinal health#C	CT06, CT15 CT06, CT15 CT03, CT15	SE-178
<i>Lactobacillus crispatus</i> VPC111 (DSM 16741)	Establishment of lactobacilli and beneficial changes in the microflora of the intestine and vagina	At least 10 ⁹ cfu per day	Human study Review	see the Swedish Reference list: Berggren 2005 Falagas et al 2007	Helps to maintain a normal vaginal flora Promotes and maintain intestinal health#C Supports a healthy intestinal flora	CT06, CT15 CT03, CT15 CT06, CT15	SE-179
<i>Lactobacillus crispatus</i> VPC177 (DSM 16743)	Establishment of lactobacilli and beneficial changes in the microflora of the intestine and vagina	At least 10 ⁹ cfu per day	Human studies Animal study Review	see the Swedish Reference list: Vásquez et al 2005, Berggren 2005 Bränning et al 2006 Håkansson et al 2006 Falagas et al 2007	Helps to maintain a normal vaginal flora Promotes and maintain intestinal health#C Supports a healthy intestinal flora	CT06, CT15 CT03, CT15 CT06, CT15	SE-180
<i>Lactobacillus plantarum</i> 299v (DSM 9843)	Immune response (activates aquired T cell immunity, decrease IL-6, prevents translocation of patogenic bacteria, modulate the response to antigens, modulate the immune response)	At least 10 ⁹ cfu /day	Human studies Animal studies In vitro studies	see the Swedish Reference list: Rask et al. 2005, McNaught et al. 2005 Klarin et al. 2005 Cunningham-Rundles et al. 2000 Mao et al. 1996 Herias et al. 1999 Hessle et al. 1999 McCracken et al. 2002	Supports your natural / body defence#A Stimulates the immune system#A	CT01, CT20 CT01, CT20	SE-181
<i>Lactobacillus plantarum</i> 299v (DSM 9843)	Iron absorption	At least 10 ¹⁰ cfu /day	Human studies In vitro study	see the Swedish Reference list: Bering et al. 2006 Hulthén et al. 2007 Sandberg et al. 2006 (internal report)	Improves iron absorption	CT06, CT15	SE-182
<i>Lactobacillus plantarum</i> 299v (DSM 9843)	Cardiovascular disease (decrease fibrinogen, blood cholesterol, F ₂ -isoprostans, IL-6)	At least 10 ¹⁰ cfu /day	Human studies	see the Swedish Reference list: Naruszewicz et al. 2001, Bukowska et al. 1998 Johansson et al. 1998	Supports a healthy heart#C Reduced CVD risk factors#B	CT03, CT23 CT04, CT23	SE-183
<i>Lactobacillus plantarum</i> 299v (DSM 9843)	Increase the total antioxidative capacity in blood. Reduce the lipidperoxidation in the intestine.	At least 10 ¹⁰ cfu /day in combination with antioxidants	Human study Animal trial	see the Swedish Reference list: Önning et al. 2003 Håkansson et al. 2006	Increased antioxidative capacity#C, D Protect your body cells #C, D	CT03, CT21 CT03, CT21	SE-184

<i>Lactobacillus plantarum</i> 299v (DSM 9843)	Improvement of the microflora Improvement of IBS symptoms Resolution of abdominal pain Reduced gasformation / flatulence	At least 10 ¹⁰ cfu /day	Human studies	see the Swedish Reference list: Niedzielin et al. 2001, Noeback et al., 2000 Johansson et al. 1998 Önning et al. 2003 Goosens et al. 2003 Goosens et al. 2005	Promotes and maintains intestinal health #C Supports a healthy intestinal flora Improved gastro-intestinal comfort#C Reduced pain and bloating – a common problem of irritable bowel#A or #B Reduced formation of gas – a common problem of irritable bowel"#A or #B	CT03, CT15 CT06, CT15 CT03, CT15 CT01 or CT04, CT15 CT01 or CT04, CT15	SE-185
<i>Lactobacillus plantarum</i> 299v (DSM 9843)	Reduce recurrence of Clostridium difficile diarréa. Enhances the concentration of fecal short-chain fatty acids.	At least 10 ¹⁰ cfu /day	Human studies	see the Swedish Reference list: Wullt et al. 2003, Wullt et al. 2007 Klarin et al. 2005	Promotes intestinal health during treatment with antibiotics#A	CT01, CT15	SE-186
<i>Lactobacillus plantarum</i> 299v (DSM 9843)	Intestinal health. Establishment of lactobacilli and beneficial changes in the microflora (Enterobacteriaceae)	At least 10 ⁹ cfu /day	Human studies Review	see the Swedish Reference list: Niedzielin et al. 2001, Noeback et al., 2000 Johansson et al. 1998 Önning et al. 2003 Goosens et al. 2003 Goosens et al. 2005 Johansson et al. 1993 Sallerfors et al. (internal report) Berggren 2002 (internal report) Holm 2003	Promotes and maintain intestinal health#C Support a healthy intestinal flora	CT03, CT15 CT06, CT15	SE-187
<i>Lactobacillus reuteri</i> DSM 17938	Gut microflora	≥1x10 ⁸ CFU/day	Human study, RDBPC Human study RDBPC cross-over Human study open Animal study In vitro study In vitro and animal study	see the Swedish Reference list: Francavilla R et al. (2007) , Saggiaro A et al. (2005) , WolfBW et al. (1995) Wolf BW et al. (1998) Imase K et al. (2007) Valeur N et al. (2004) Carbajal N (2001) Wagner RD et al. (1997) Wagner RD et al. (2000) Carbajal N. (2006) Ejehorn M. (2000) Elsom GK et al. (2007) Ibrahim SA (2003) Johnson C et al. (2003) Lahtinen SJ et al. (2007) Sinkiewicz G et al. (2001) Kang H et al. (2004)	Balances the gut microflora. Supports a healthy gastrointestinal tract flora. Helps maintain a healthy microflora.#C	CT06, CT15 CT06, CT15 CT03, CT15	SE-188

<i>Lactobacillus reuteri</i> DSM 17938	Gut microflora	$\geq 1 \times 10^8$ CFU/day	Human study RDBPC Human study open Animal study	see the Swedish Reference list: Francavilla R et al. (2007) , Tubelius P et al. (2005) Ouwehand AC et al (2002) Balish E et al. (2002) Rosander Anna., Connolly E., Roos S.	Supports a healthy gut function#C	CT03, CT15	SE-189
<i>Lactobacillus reuteri</i> DSM 17938	Immune defence	$\geq 1 \times 10^8$ CFU/day	Human study RDBPC Human study, open Animal study Review In vitro study Thesis	see the Swedish Reference list: Tubelius P et al. (2005), Jakobsson T et al. (2005) Valeur N et al. (2004) Kang H et al. (2004) Dobrogosz WJ. (2005) Guarner F et al. (2006) Mohamadzadeh M et al. (2005) Smits HH et al. (2005) Zeuthen LH et al. (2006) Zeuthen LH et al. (2007) Lin Y. P. Probiotic <i>Lactobacillus reuteri</i> suppress inflammation by regulating the AP-1 signaling pathway, Houston, Texas, (2007)	Fortifies the immune defence#A Helps strengthen your body's natural defences#A Stimulates the immune system#A	CT01, CT15 CT01, CT15 CT01, CT15	SE-190
<i>Lactobacillus reuteri</i> DSM 17938 <i>Lactobacillus reuteri</i> ATCC PTA 5289	Healthy oral flora	$\geq 2 \times 10^8$ CFU/day	Human study RDBPC In vitro study	see the Swedish Reference list: Caglar E et al. (2006) , Caglar E et al. (2007) Caglar E et al. (2007) Krasse P et al. (2006) Nikawa H et al. (2004) Asikainen S. (2006) Hedberg M et al. (2006) Rosander Anna., Connolly E., Roos S.	Supports a healthy oral flora	CT06, CT16	SE-191
<i>Lactobacillus reuteri</i> DSM 17938 <i>Lactobacillus reuteri</i> ATCC PTA 5289	Healthy gum	$\geq 2 \times 10^8$ CFU/day	Human study RDBPC In vitro study	see the Swedish Reference list: Krasse P et al. Asikainen S. (2006) Hedberg M et al. (2006) Rosander Anna., Connolly E., Roos S.	Helps maintain a healthy gum#C	CT03, CT16	SE-192
<i>Lactobacillus reuteri</i> DSM 17938 <i>Lactobacillus reuteri</i> ATCC PTA 5289	Healthy teeth and gums	$\geq 2 \times 10^8$ CFU/day	Human study RDBPC In vitro study	see the Swedish Reference list: Caglar E et al. (2006), Caglar E et al. (2007) Caglar E et al. (2007) Krasse P et al. (2006) Nikawa H et al. (2004) Asikainen S. (2006) Hedberg M et al. (2006) Rosander Anna., Connolly E., Roos S.	Protects teeth and gums#C	CT03, CT16	SE-193

<p>Prebiotika//Prebiotics</p>	<p>Mage/tarmhälsa, balanserad tarmflora, främjar goda bakterier i tarmen</p> <p>Digestive health, balanced intestinal flora, promotion of beneficial flora</p>	<p>Baskrav: Effekten av den specifika prebiotikan ska ha visats i minst två av varandra oberoende studier med god metodologi.</p> <p>Produkten ska innehålla en adekvat mängd prebiotika jämfört med den som använts i de utförda human studierna. Samma dagsdos som i studierna ska vara möjlig att uppnå.</p> <p>Basic criteria: The effect of the prebiotic shall be determined by at least two independent scientific studies using good methodology.</p> <p>The product shall contain an adequate number of the prebiotic compared to the human studies performed. The same daily dose as in the studies should be achievable.</p>	<p>Individual studies, Review</p>	<p>Macfarlane S, Macfarlane GT, Cummings JH. Review article: prebiotics in the gastrointestinal tract.</p> <p>Aliment Pharmacol Ther. 2006 Sep 1;24(5):701-14. Review.</p> <p>Kolida S, Tuohy K, Gibson GR Prebiotic effects of inulin and oligofructose. Br J Nutr 2002 May;87 Suppl 2:S193-7. Review.</p>	<p>Har en positiv inverkan på tarmfloran.//Beneficially affects the intestinal flora.</p> <p>Stimulerar tillväxt av de goda bakterierna i tarmen.//Stimulates growth of the good/ beneficial gut flora.</p> <p>Har en positiv inverkan på mage/tarm#C//Positively affects the intestinal health#C</p>	<p>CT06, CT15 CT06, CT15 CT03, CT15</p>	<p>SE-194</p>
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Probiotika // Probiotics	Mag/tarmhälsa, tarmfunktion // Digestive health, gut function	Baskrav: Effekten av den specifika probiotiska bakterien ska ha visats i minst två av varandra oberoende studier med god metodologi. Produkten ska innehålla en adekvat mängd av levande probiotiska bakterier jämfört med den som använts i de utförda human studierna. Samma dagsdos som i studierna ska vara möjlig att uppnå. Basic criteria: The effect of the specific probiotic bacteria shall be determined by at least two independent scientific studies using good methodology. The product shall contain an adequate number of live probiotic bacteria compared to the human studies performed. The same daily dose as in the studies should be achievable.	Individual studies, Review, Animal studies, In vitro studies	Buttriss, J (1997). Nutritional properties of fermented milk products. International Journal of Dairy Technology 50 (1), 21-27. Cummings, JH et al. (2004). Passclaim - Gut Health and Immunity. Eur. J. Nutr. Jun;43 Suppl 2:III118-III173. Review Cummings JH, Macfarlane GT. Role of intestinal bacteria in nutrient metabolism. Clinical Nutrition 1997; 16: 3-11. De Roos NM, Katan MB. Effects of probiotic bacteria on diarrhea, lipid metabolism, and carcinogenesis: review Am J Clin Nutr 2000;71(2):405-11. Fooks, L.J, Fuller, R, Gibson, GR (1999). Prebiotics, Probiotics and Human Gut Microbiology. International Dairy Journal 9, 53-61. Gibson GR, Rouzaud G, Brostoff J, Rayment N. An evaluation of probiotic effects in the human gut: microbial aspects. Final Technical report for FSA 2005 project ref G01022. http://www.food.gov.uk/multimedia/pdfs/probioticreport.pdf Goldin BR. Health benefits of probiotics. Br J Nutr 1998;80(4):S203-7. Kneifel, W, Bonaparte, C (1998). Novel trends related to health-relevant foods: 1. Probiotics. Nutrition 22 (9), 357-363. Lewis, S.J., Freedman, A.R. Review: The use of biotherapeutic agents in the pre Locke GR, Pemberton JH, Phillips SF. American Gastroenterological Association Mitsuoka, T (1990). Bifidobacteria and their Role in Human Health. Journal of I Picard C. Review article : bifidobacteria as probiotic agents – physiological effe Saxelin M, Korpela R, Mäyrä-Mäkinen A. 2003. Classifying functional dairy pr Products. Woodhead Publishing Ltd. pp. 1-16. Sazawal S. et al. Efficacy of probiotics in prevention of acute diarrhoea: A meta Servin AL. 2004. Antagonistic activities of lactobacilli and bifidobacteria agains Tanaka, R. Clinical applications of Bifidobacterium in humans. Research of Bifi	Bidrar till en god/välfungerande tarmfunktion. #C //Helps improve bowel function.#C Reglerar tarmfunktionen/ bidrar till en regelbunden tarmfunktion.#C // Regulates bowel habits.#C Får magen att fungera bra. #C // Helps beneficial bowel habits.#C Hjälper till att hålla magen i god form.#C // Helps bowel regularity#C Bidrar till ett gott allmäntillstånd i mage/tarm. #C // Supports a healthy digestive system.#C Bidrar till en lugn mage.#C//Improves the well-being of the gut.#C Minskar obehag från mage/tarm.#C // Relieves bowel discomfort.#C Innehåller probiotika [namn på specifik probiotika].#C// Contains the probiotic [name of specific probiotic].#C	CT03, CT15 CT03, CT15 CT03, CT15 CT03, CT15 CT03, CT15 CT03, CT15 CT03, CT15	SE-195
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Probiotika // Probiotics	<p>Mage/tarmhälsa, balanserad tarmflora. // Digestive health, balanced gut flora</p>	<p>Baskrav: Effekten av den specifika probiotiska bakterien ska ha visats i minst två av varandra oberoende studier med god metodologi. Produkten ska innehålla en adekvat mängd av levande probiotiska bakterier jämfört med den som använts i de utförda human studierna. Samma dagsdos som i studierna ska vara möjlig att uppnå Basic criteria: The effect of the specific probiotic bacteria shall be determined by at least two independent scientific studies using good methodology. The product shall contain an adequate number of live probiotic bacteria compared to the human studies performed. The same daily dose as in the studies should be achievable.</p>	<p>Individual studies, Review, Animal studies, In vitro studies</p>	<p>Cremoni F et al. 2002. Meta-analysis: the effect of probiotic administration on antibiotic-associated diarrhoea. <i>Aliment Pharmacol Ther</i> 16:1461-1467. D'Souza AL. et al. Probiotics in prevention of antibiotic-associated diarrhoea: Meta-analysis. <i>BMJ</i> 324 (17359):1361 (2002). Hawrelak JA. At al. Is L. rahnmosus GG eeffective in prevention the onset of antibiotic-associated diarrhoea: A systematic review. <i>Digestion</i> 72:51-56 (2005). Kramer S. and Bischoff SC. Therapeutic possibilities of probiotics in antibiotic-related diarrhea. <i>MMW Fortschr. Med.</i> 31:148 (35-36): 28-30 (2006). Lewis, S.J., Freedman, A.R. Review: The use of biotherapeutic agents in the prevention and treatment of gastrointestinal disease. 1998. <i>Aliment Pharmacol Ther.</i> 12: 807-822. McFarland LV. 2006 Meta-analysis of probiotics for the prevention of antibiotic associated diarrhea and the treatment of Clostridium difficile disease. <i>Am J Gastroenterol.</i> 101:812-22. Naaber P, Mikelsaar M. 2004 Interactions between Lactobacilli and antibiotic-associated diarrhea. <i>Adv Appl Microbiol.</i> 54:231-60. Plummer SF, Garaiova I, Sarvotham T, Cottrell SL, Le Scouiller S, Weaver MA Reid G. et al. New scientific paradigms for probiotics and prebiotics. <i>J. Clin Gas</i> Sazawal S, Hiremath G, Dhingra U, Malik P, Deb S, Black RE. 2006 Efficacy of Sullivan A, Edlund C, Nord CE. 2001 Effect of antimicrobial agents on the ecology Szajewska H, Ruzsyzynski M, Radzikowski A. 2006 Probiotics in the prevention</p>	<p>Balanserar tarmfloran. // Balances the gut flora. Minskar störningar i tarmen.#A//Reduces bowel disturbances#A Minskar obehag från mage/tarm.#C//Relieves bowel discomfort#C Hjälper till att bevara en frisk tarmflora #A//Supports a healthy intestinal flora. Normaliserar/ återställer en störd tarmflora.#A or B Restores an unbalanced gut flora.#A or B Hjälper till att bevara en frisk tarmflora vid antibiotikaintag#A // Supports a healthy intestinal flora during antibiotic treatment.#A Hjälper till att bevara en frisk tarmflora vid tillfälliga störningar, som t.ex. stress och antibiotikaintag.#A//Supports a healthy intestinal flora during temporary disturbances eg. stress and antibiotic treatment.#A Minskar risken för problem med mage/tarm vid resor.#A // Reduces the risk of gastrointestinal discomfort during travels.#A Utgör en del av den naturligt välgörande tarmfloran.// Acts as a part of the natural, beneficial intestinal microbiota. Ökar halten av naturligt goda bakterier i din kropp vilket kan bidra till magens välbefinnande.#C // Increases the level of good bacteria in your body, which can aid digestion.#C Contains the probiotic [name of specific probiotic]#C</p>	<p>CT06, CT15 CT01, CT15 CT01, CT15 CT01 (Swedish translation to frisk), CT06, CT15 CT01 or CT04, CT15 CT01, CT15 CT01, CT15 CT06, CT15 CT03, CT15 CT03, CT15</p>	<p>SE-196</p>
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<p>Probiotisk ingrediens; Probiotic ingredient; Lactobacillus casei F19 (LMG P-17806)</p>	<p>Mag/tarmhälsa, balanserad tarmflora Digestive health, balanced gut flora</p>	<p>Dagligt intag 1x10E10 cfu Daily intake 1x10E10 cfu</p>	<p>Scientific investigations, Scientific reviews</p>	<p>Black F, Einarsson K, Lidbeck A, Orrhage K, Nord CE 1991 Effect of lactic acid producing bacteria on the human intestinal microflora during ampicillin treatment <i>SWand J Infect Dis</i> 23:247-254 Jernberg C, Sullivan A, Edlund C, Jansson JK. 2005 Monitoring of antibiotic-induced alterations in the human intestinal microflora and detection of probiotic strains by use of terminal restriction fragment length polymorphism. <i>Appl Environ Microbiol.</i> 71:501-6. Lidbeck A, Edlund C, Gustafsson JA, Kager L, Nord CE. 1988 Impact of Lactobacillus acidophilus on the normal intestinal microflora after administration of two antimicrobial agents. <i>Infection.</i> 16:329-36. Nord CE, Lidbeck A, Orrhage K, Sjostedt S. 1997 Oral supplementation with lactic acid-producing bacteria during intake of clindamycin. <i>Clin Microbiol Infect.</i> 3:124-132. Orrhage K, Brismar B, Nord CE 1994 Effets of supplements with Bifidobacterium longum and Lactobacillus acidophilus on the intestinal microbiota during administration of clindamycin. <i>Microb Ecol Health Dis</i> 7:17-25. Sullivan A, Barkholt L, Nord CE. 2003 Lactobacillus acidophilus, Bifidobacteri</p>	<p>Balanserar tarmfloran.// Balances the gut flora. Normaliserar/ återställer en störd tarmflora.#A // Helps to restore an unbalanced gut flora.#A Hjälper till att bevara en frisk tarmflora.#A // Supports a healthy gut flora. Hjälper till att bevara en frisk tarmflora vid antibiotikaintag.#A// Supports a healthy gut flora during antibiotic treatment.#A Hjälper till att bevara en frisk tarmflora vid tillfälliga störningar, som t.ex. stress och antibiotikaintag.#A // Supports a healthy gut flora during temporary disturbances eg. stress and antibiotic treatment.#A Utgör en del av den naturligt välgörande tarmfloran. // Acts as a part of the natural, beneficial intestinal microbiota. Ökar halten av naturligt goda bakterier i din kropp vilket kan bidra till magens välbefinnande.#C // Increases the level of natural good bacteria in your body which can aid digestion.#C Innehåller probiotikan Lactobacillus casei F19.#C // Contains the probiotic Lactobacillus casei F19.#C</p>	<p>CT06, CT15 CT01, CT15 CT01 (Swedish translation to frisk), CT06, CT15 CT01, CT15 CT01, CT15 CT06, CT15 CT03, CT15 CT03, CT15</p>	<p>SE-197</p>
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<p>Probiotisk ingrediens; Probiotic ingredient;; Lactobacillus casei F19 (LMG P-17806)</p>	<p>Mag/tarmhälsa, tarmfunktion Digestive health, gut function</p>	<p>Dagligt intag 1x10E10 cfu Daily intake 1x10E10 cfu</p>	<p>Scientific investigations, Scientific reviews</p>	<p>Crittenden, R., Saarela, M., Mättö, J., Ouwehand, A.C., Salminen, S., Pelto, L., Vaughan, E.E., de Vos, W.M., von Wright, A., Fondén, R., Mattila-Sandholm, T. 2002. <i>Lactobacillus paracasei</i> subsp. <i>paracasei</i> F19: survival, ecology and safety in the human intestinal tract - a survey of feeding studies within the PROBDEMO project. Microbial Ecology in Health and Disease Suppl. (<i>Lactobacillus</i> F19 – Closing the broken circle) 3:22-26. Sullivan, Å., Palmgren, A.C., Nordh, C.E. 2001. Effect of <i>Lactobacillus paracasei</i> on intestinal colonisation of <i>Lactobacilli</i>, <i>Bifidobacteria</i> and <i>Clostridium difficile</i> in elderly persons. <i>Aerobe</i> 07: 67-70. Sullivan, Å., Bennet, R., Viitanen, M., Palmgren, A.C., Nord, C.E. 2002. Influence of <i>Lactobacillus</i> F19 on intestinal microflora in children and elderly persons and impact on <i>Helicobacter pylori</i> infections. <i>Microbial Ecology in Health and Disease Suppl. (Lactobacillus F19 – Closing the broken circle)</i> 3:17-21. Sullivan A, Barkholt L, Nord CE. 2003 <i>Lactobacillus acidophilus</i>, <i>Bifidobacterium lactis</i> and <i>Lactobacillus</i> F19 prevent antibiotic-associated ecological disturbances of <i>Bacteroides fragilis</i> in the intestine. <i>J Antimicrob Chemother</i> 51: 103-110. Simrén M., A. Lind, L. Samulelsson, I. Posserud, H. Strid, H. Abrahamsson. 2004. <i>Lactobacillus casei</i> F19 improves the well-being of the gut. <i>Microbial Ecology in Health and Disease Suppl. (Lactobacillus F19 – Closing the broken circle)</i> 3:17-21.</p>	<p>Bidrar till en god/välfungerande tarmfunktion. #C// Helps beneficial bowel habit. #C Reglerar tarmfunktionen/ bidrar till en regelbunden tarmfunktion. #C // Helps improve bowel function/regularity. #C Minskar obehag från mage/tarm. #C // Relieves bowel discomfort. #C Får magen att fungera bra. #C// Helps to reduce gastrointestinal discomfort. #C Hjälper till att hålla magen i god form. #C// Supports the well-being of the gut. #C Bidrar till ett gott allmäntillstånd i mage/tarm. #C // Promotes gastrointestinal well-being #C Bidrar till en lugn mage #C// Helps gastrointestinal comfort. #C Bidrar till magens välbefinnande. #C // Supports a healthy digestive system. #C Innehåller probiotika <i>Lactobacillus casei</i> F19. #C// Contains the probiotic <i>Lactobacillus casei</i> F19. #C</p>	<p>CT03, CT15 CT03, CT15 CT03, CT15 CT03, CT15 CT03, CT15 CT03, CT15 CT03, CT15 CT03, CT15</p>	<p>SE-198</p>
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<p>En kombination av tre probiotiska ingredienser;</p> <p>A combination of three probiotic ingredients;</p> <p>Lactobacillus casei F19, Bifidobacterium lactis Bb12, Lactobacillus acidophilus La5</p>	<p>Mag/tarmhälsa, balanserad tarmflora</p> <p>Digestive health, balanced gut flora</p>	<p>Dagligt intag på 1x10E10 cfu av var och en av de probiotiska stammarna</p> <p>Daily intake 1x10E10 cfu of each probiotic strain</p>	<p>Scientific investigations, Scientific reviews</p>	<p>Black F, Einarsson K, Lidbeck A, Orrhage K, Nord CE 1991 Effect of lactic acid producing bacteria on the human intestinal microflora during ampicillin treatment SWeand J Infect Dis 23:247-254</p> <p>Jernberg C, Sullivan A, Edlund C, Jansson JK. 2005 Monitoring of antibiotic-induced alterations in the human intestinal microflora and detection of probiotic strains by use of terminal restriction fragment length polymorphism. Appl Environ Microbiol. 71:501-6.</p> <p>Lidbeck A, Edlund C, Gustafsson JA, Kager L, Nord CE. 1988 Impact of Lactobacillus acidophilus on the normal intestinal microflora after administration of two antimicrobial agents. Infection. 16:329-36.</p> <p>Nord CE, Lidbeck A, Orrhage K, Sjostedt S. 1997 Oral supplementation with lactic acid-producing bacteria during intake of clindamycin. Clin Microbiol Infect. 3:124-132.</p> <p>Orrhage K, Brismar B, Nord CE 1994 Effets of supplements with Bifidobacterium longum and Lactobacillus acidophilus on the intestinal microbiota during administration of clindamycin. Microb Ecol Health Dis 7:17-25.</p> <p>Sullivan A, Barkholt L, Nord CE. 2003 Lactobacillus acidophilus, Bifidobacteri</p>	<p>Balanserar tarmfloran.// Balances the gut flora.</p> <p>Normaliserar/ återställer en störd tarmflora.#A // Helps to restore an unbalanced gut flora.#A</p> <p>Hjälper till att bevara en frisk tarmflora.#A // Supports a healthy gut flora.</p> <p>Hjälper till att bevara en frisk tarmflora vid antibiotikaintag.#A // Supports a healthy gut flora during antibiotic treatment#A</p> <p>Hjälper till att bevara en frisk tarmflora vid tillfälliga störningar, som t.ex. stress och antibiotikaintag.#A Supports a healthy gut flora during temporary disturbances eg. stress and antibiotic treatment#A</p> <p>Utgör en del av den naturligt välgörande tarmfloran. // Acts as a part of the natural, beneficial intestinal microbiota.</p> <p>Ökar halten av naturligt goda bakterier i din kropp vilket kan bidra till magens välbefinnande.#C // Increases the level of natural good bacteria in your body which can aid digestion#C</p> <p>Innehåller probiotikan Lactobacillus casei F19.#C // Contains the probiotics Lactobacillus casei F19, Bifidobacterium lactis BB12 and Lactobacillus acidophilus La5#C</p>	<p>CT03, CT15 CT01, CT15 CT01 (Swedish translation to frisk), CT06, CT15 CT01, CT15 CT06, CT15 CT03, CT15 CT03, CT15</p>	<p>SE-199</p>
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<p>En kombination av tre probiotiska ingredienser; // A combination of three probiotic ingredients;</p> <p>Lactobacillus casei F19, Bifidobacterium lactis Bb12, Lactobacillus acidophilus La5</p>	<p>Mag/tarmhälsa, tarmfunktion // Digestive health, gut function</p>	<p>Dagligt intag på 1x10E10 cfu av var och en av de probiotiska stammarna</p> <p>Daily intake 1x10E10 cfu of each probiotic strain</p>	<p>Scientific investigations, Scientific reviews</p>	<p>Crittenden, R., Saarela, M., Mättö, J., Ouwehand, A.C., Salminen, S., Pelto, L., Vaughan, E.E., de Vos, W.M., von Wright, A., Fondén, R., Mattila-Sandholm, T. 2002. <i>Lactobacillus paracasei</i> subsp. <i>paracasei</i> F19: survival, ecology and safety in the human intestinal tract - a survey of feeding studies within the PROBDEMO project. Microbial Ecology in Health and Disease Suppl. (<i>Lactobacillus</i> F19 – Closing the broken circle) 3:22-26.</p> <p>Sullivan, Å., Palmgren, A.C., Nordh, C.E. 2001. Effect of <i>Lactobacillus paracasei</i> on intestinal colonisation of <i>Lactobacilli</i>, <i>Bifidobacteria</i> and <i>Clostridium difficile</i> in elderly persons. <i>Aerobe</i> 07: 67-70.</p> <p>Sullivan, Å., Bennet, R., Viitanen, M., Palmgren, A.C., Nord, C.E. 2002. Influence of <i>Lactobacillus</i> F19 on intestinal microflora in children and elderly persons and impact on <i>Helicobacter pylori</i> infections. <i>Microbial Ecology in Health and Disease Suppl. (Lactobacillus F19 – Closing the broken circle)</i> 3:17-21.</p> <p>Sullivan A, Barkholt L, Nord CE. 2003 <i>Lactobacillus acidophilus</i>, <i>Bifidobacterium lactis</i> and <i>Lactobacillus</i> F19 prevent antibiotic-associated ecological disturbances of <i>Bacteroides fragilis</i> in the intestine. <i>J Antimicrob Chemother</i> 51: 103-110.</p> <p>Simrén M., A. Lind, L. Samulelsson, I. Posserud, H. Strid, H. Abrahamsson. 2004. <i>Lactobacillus</i> F19 improves the well-being of the gut. <i>Microbial Ecology in Health and Disease Suppl. (Lactobacillus F19 – Closing the broken circle)</i> 3:17-21.</p>	<p>Bidrar till en god/väl fungerande tarmfunktion. #C Helps beneficial bowel habit. #C</p> <p>Reglerar tarmfunktionen/ bidrar till en regelbunden tarmfunktion. #C Helps improve bowel function / regularity. #C</p> <p>Minskar obehag från mage/tarm. #C Relieves bowel discomfort. #C</p> <p>Får magen att fungera bra. #C Helps to reduce gastrointestinal discomfort. #C</p> <p>Hjälper till att hålla magen i god form. #C // Supports the well-being of the gut. #C</p> <p>Bidrar till ett gott allmäntillstånd i mage/tarm. #C // Promotes gastrointestinal well-being. #C</p> <p>Bidrar till en lugn mage. #C // Helps gastrointestinal comfort. #C</p> <p>Bidrar till magens välbefinnande. #C Supports a healthy digestive system. #C</p> <p>Innehåller probiotika <i>Lactobacillus casei</i> F19, <i>Bifidobacterium lactis</i> BB12 och <i>Lactobacillus acidophilus</i> La5. #C // Contains the probiotics <i>Lactobacillus casei</i> F19, <i>Bifidobacterium lactis</i> BB12 and <i>Lactobacillus acidophilus</i> La5. #C</p>	<p>CT03, CT15 CT03, CT15 CT03, CT15 CT03, CT15 CT03, CT15 CT03, CT15 CT03, CT15 CT03, CT15</p>	<p>SE-200</p>
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<p>Yoghurt innehållande en kombination av tre probiotiska ingredienser;</p> <p>Yoghurt containing the combination of three probiotic ingredients;</p> <p>Lactobacillus casei F19, Bifidobacterium lactis Bb12, Lactobacillus acidophilus La5</p>	<p>Mag/tarmhälsa, balanserad tarmflora</p> <p>Digestive health, balanced gut flora</p>	<p>Dagligt intag på 1x10E10 cfu av var och en av de probiotiska stammarna</p> <p>Daily intake 1x10E10 cfu of each probiotic strain</p>	<p>Scientific investigations, Scientific reviews</p>	<p>Black F, Einarsson K, Lidbeck A, Orrhage K, Nord CE 1991 Effect of lactic acid producing bacteria on the human intestinal microflora during ampicillin treatment SWeand J Infect Dis 23:247-254</p> <p>Jernberg C, Sullivan A, Edlund C, Jansson JK. 2005 Monitoring of antibiotic-induced alterations in the human intestinal microflora and detection of probiotic strains by use of terminal restriction fragment length polymorphism. Appl Environ Microbiol. 71:501-6.</p> <p>Lidbeck A, Edlund C, Gustafsson JA, Kager L, Nord CE. 1988 Impact of Lactobacillus acidophilus on the normal intestinal microflora after administration of two antimicrobial agents. Infection. 16:329-36.</p> <p>Nord CE, Lidbeck A, Orrhage K, Sjostedt S. 1997 Oral supplementation with lactic acid-producing bacteria during intake of clindamycin. Clin Microbiol Infect. 3:124-132.</p> <p>Orrhage K, Brismar B, Nord CE 1994 Effets of supplements with Bifidobacterium longum and Lactobacillus acidophilus on the intestinal microbiota during administration of clindamycin. Microb Ecol Health Dis 7:17-25.</p> <p>Sullivan A, Barkholt L, Nord CE. 2003 Lactobacillus acidophilus, Bifidobacteri</p>	<p>Balanserar tarmfloran. // Balances the gut flora.</p> <p>Normaliserar/ återställer en störd tarmflora.#A // Helps to restore an unbalanced gut flora.#A</p> <p>Hjälper till att bevara en frisk tarmflora.#A // Supports a healthy gut flora.</p> <p>Hjälper till att bevara en frisk tarmflora vid antibiotikaintag.#A // Supports a healthy gut flora during antibiotic treatment#A</p> <p>Hjälper till att bevara en frisk tarmflora vid tillfälliga störningar, som t.ex. stress och antibiotikaintag.#A // Supports a healthy gut flora during temporary disturbances eg. stress and antibiotic treatment#A</p> <p>Utgör en del av den naturligt välgörande tarmfloran. //A part of the natural intestinal flora</p> <p>Ökar halten av naturligt goda bakterier i din kropp vilket kan bidra till magens välbefinnande.#C // Increases the level of natural good bacteria in your body which can aid digestion#C</p> <p>Contains the probiotics Lactobacillus casei F19, Bifidobacterium lactis BB12 and Lactobacillus acidophilus La5#C</p>	<p>CT06, CT15 CT01, CT15 CT01 (Swedish translation to frisk), CT06, CT15 CT01, CT15 CT01, CT15 CT06, CT15 CT03, CT15 CT03, CT15</p>	<p>SE-201</p>
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<p>Yoghurt innehållande en kombination av tre probiotiska ingredienser;</p> <p>Yoghurt containing the combination of three probiotic ingredients;</p> <p>Lactobacillus casei F19, Bifidobacterium lactis Bb12, Lactobacillus acidophilus La5</p>	<p>Mag/tarmhälsa, tarmfunktion</p> <p><i>Digestive health, gut function</i></p>	<p>Dagligt intag på 1x10E10 cfu av var och en av de probiotiska stammarna</p> <p><i>Daily intake 1x10E10 cfu of each probiotic strain</i></p>	<p>Scientific investigations, Scientific reviews</p>	<p>Crittenden, R., Saarela, M., Mattö, J., Ouwehand, A.C., Salminen, S., Pelto, L., Vaughan, E.E., de Vos, W.M., von Wright, A., Fondén, R., Mattila-Sandholm, T. 2002. <i>Lactobacillus paracasei</i> subsp. <i>paracasei</i> F19: survival, ecology and safety in the human intestinal tract - a survey of feeding studies within the PROBDEMO project. Microbial Ecology in Health and Disease Suppl. (<i>Lactobacillus</i> F19 – Closing the broken circle) 3:22-26</p> <p>Sullivan, Å., Palmgren, A.C., Nordh, C.E. 2001. Effect of <i>Lactobacillus paracasei</i> on intestinal colonisation of <i>Lactobacilli</i>, <i>Bifidobacteria</i> and <i>Clostridium difficile</i> in elderly persons. <i>Aerobe</i> 07: 67-70</p> <p>Sullivan, Å., Bennet, R., Viitanen, M., Palmgren, A.C., Nord, C.E. 2002. Influence of <i>Lactobacillus</i> F19 on intestinal microflora in children and elderly persons and impact on <i>Helicobacter pylori</i> infections. <i>Microbial Ecology in Health and Disease Suppl.</i> (<i>Lactobacillus</i> F19 – Closing the broken circle) 3:17-21</p> <p>Sullivan A, Barkholt L, Nord CE. 2003 <i>Lactobacillus acidophilus</i>, <i>Bifidobacterium lactis</i> and <i>Lactobacillus</i> F19 prevent antibiotic-associated ecological disturbances of <i>Bacteroides fragilis</i> in the intestine. <i>J Antimicrob Chemother</i></p> <p>Simrén M., A. Lind, L. Samulelsson, I. Posserud, H. Strid, H. Abrahamsson. 2006</p> <p>Söndergaard B. and P. Bytzer 2007. Effect of yoghurt containing three probiotic</p>	<p>Bidrar till en god/välfungerande tarmfunktion.#C // Helps beneficial bowel habit#C</p> <p>Reglerar tarmfunktionen/ bidrar till en regelbunden tarmfunktion.#C // Helps improve bowel function/regularity.#C</p> <p>Minskar obehag från mage/tarm.#C // Relieves bowel discomfort#C</p> <p>Får magen att fungera bra.#C // Helps to reduce gastrointestinal discomfort.#C</p> <p>Hjälper till att hålla magen i god form.#C // Supports the well-being of the gut.#C</p> <p>Bidrar till ett gott allmäntillstånd i mage/tarm.#C // Promotes gastrointestinal well-being.#C</p> <p>Bidrar till en lugn mage.#C // Helps gastrointestinal comfort#C</p> <p>Bidrar till magens välbefinnande.#C // Supports a healthy digestive system#C</p> <p>Innehåller probiotika <i>Lactobacillus casei</i> F19, <i>Bifidobacterium lactis</i> BB12 och <i>Lactobacillus acidophilus</i> La5.#C // Contains the probiotics <i>Lactobacillus casei</i> F19, <i>Bifidobacterium lactis</i> BB12 and <i>Lactobacillus acidophilus</i> La5.#C</p>	<p>CT03, CT15 CT03, CT15 CT03, CT15 CT03, CT15 CT03, CT15 CT03, CT15 CT03, CT15 CT03, CT15</p>	<p>SE-202</p>
<p>En kombination av fyra probiotiska ingredienser; // A combination of four probiotic ingredients:</p> <p>Lactobacillus casei F19, Lactobacillus plantarum 2592, Leuconostoc mesenteroides 77:1, Pediococcus pentosaceus 16:1</p>	<p>Naturligt försvar/immunsystem</p> <p><i>Natural defence/immune system</i></p>	<p>Dos motsvarande studierna.</p> <p><i>Dose comparable to studies.</i></p>	<p>Scientific investigations</p>	<p>Quin-Liu., Z. P. Duan, D. K. Ha, S. Bengmark, J. Kurtovic, and S. Riordan. Synbiotic Modulation of the Gut flora: Effect on Minimal Hepatic Encephalopathy (MHE) in patients with cirrhosis. 2004. <i>Hepatology</i> 39: 1441-1449.</p> <p>Pathmakanthan P., M. Walsh, S. Bengmark, P. J. Willemsse, and K. Bardhan. Efficacy and tolerability of treating acute distal ulcerative colitis with symbiotic enemas: A pilot trial. 2002. Cited in <i>Gut</i> 51:A307, Suppl.III. From the 10th United European Gastroenterology week in Geneva 2002.</p> <p>Peluso I., Fina D., Caruso R., Stolfi C., Caprioli F., Fantini M.C., Caspani G., Grossi E., Di Iorio L., Paone F.M., Pallone F., Monteleone G., 2007. <i>Lactobacillus paracasei</i> ssp <i>paracasei</i> B21060 suppresses human T-cell proliferation. <i>Infect. Immunity</i> 75:1730-1737.</p> <p>Rayes N., D. Seehofer, T. Theruvath, R. A. Schiller, J. M. Langrehr, S. Jonas, S. Bengmark, and P. Neuhaus. 2005. Supply of pre- and probiotics reduces bacterial infection rates after liver transplantation – a randomized, double blind trial. <i>Am. J. Transplantations</i> 5:125-130.</p> <p>Riordan S. m., N. Skinner, A. Nagaree, H. McCallum, C. J. McIvaer, J. Kurtovic</p> <p>Spindler-Vesel A., Bengmark S., Vovk I., Kompan L. 2007. Synbiotics, prebiotic</p>	<p>Stödjer ditt naturliga försvar.#C</p> <p>Support your natural defence.#C</p> <p>Bidrar till kroppens naturliga försvar.#C Helps your body's natural defence.#C</p> <p>Stödjer immunsystemet</p> <p>//Supports the immune system</p> <p>Innehåller probiotika</p> <p><i>Lactobacillus casei</i> F19, <i>Lactobacillus plantarum</i> 2592, <i>Leuconostoc mesenteroides</i> 77:1, <i>Pediococcus pentosaceus</i> 16:1#C// Contains the probiotics <i>Lactobacillus casei</i> F19, <i>Lactobacillus plantarum</i> 2592, <i>Leuconostoc mesenteroides</i> 77:1, <i>Pediococcus pentosaceus</i> 16:1#C</p>	<p>CT03, CT20 CT03, CT20 CT06, CT20 CT03, CT20</p>	<p>SE-203</p>

<i>Lactobacillus paracasei</i> 8700:2 (DSM 13434, 240HI)	Strengthens the immune system Establishment of lactobacilli and beneficial changes in the microflora	At least 10 ⁹ cfu/day	Human studies Animal studies In vitro	see the Swedish Reference list: Berggren et al. 2007 , Antonsson et al 2001 Rask et al 2005 Osman et al 2004 Osman et al 2005 Lavasani et al 2006 Hütt et al 2006	Supports your natural / body defence#C Stimulates the immune system#A Promotes and maintain intestinal health#C Supports a healthy intestinal flora	CT03, CT20 CT01, CT20 CT03, CT15 CT06, CT15	SE-204
<i>Lactobacillus parcasei</i> 02A (DSM 13432)	Establishment of lactobacilli and beneficial changes in the microflora	At least 10 ¹⁰ cfu/day	Human In vitro	see the Swedish Reference list: Antonsson et al 2001 Hessle et al 1999	Promotes and maintain intestinal health#C Supports a healthy intestinal flora	CT03, CT15 CT06, CT15	SE-205
<i>Lactobacillus plantarum</i> HEAL 9 (DSM 15312 = 39D)	Strengthens the immune system Establishment of lactobacilli and beneficial changes in the microflora of the intestine and vagina	At least 10 ⁹ cfu/day	Human studies Animal study Review	see the Swedish Reference list: Berggren et al. 2007 , Vásquez, et al. 2005 Berggren 2005 Lavasani 2006 Falagas et al. 2007	Supports your natural / body defence#A Stimulates the immune system#A Helps to maintain a normal vaginal flora Promotes and maintain intestinal health#C Supports a healthy intestinal flora	CT01, CT20 CT01, CT20 CT06, CT15 CT03, CT15 CT06, CT15	SE-206
<i>Lactobacillus plantarum</i> HEAL 19 (DSM 15313 = 52A)	Reduces the insulin response after a meal. Establishment of lactobacilli and beneficial changes in the microflora of the intestine and vagina	At least 10 ⁹ cfu/day	Human studies Animal study Review	see the Swedish Reference list: Vásquez, et al. 2005, Nilsson et al 2006 Osman et al 2007 Falagas et al 2007	Helps maintain insulin sensitivity#B Due to its composition this food has a lower insulin response.#B Helps to maintain a normal vaginal flora Promotes and maintain intestinal health#C Supports a healthy intestinal flora	CT04, CT12 CT04, CT12 CT06, CT15 CT03, CT15 CT06, CT15	SE-207
<i>Lactobacillus plantarum</i> HEAL 99 (DSM 15316 = 61A)	Establishment of lactobacilli and beneficial changes in the microflora of the intestine and vagina	At least 10 ⁹ cfu/day	Human studies Review	see the Swedish Reference list: Vásquez, et al. (2005). Falagas et al 2007	Helps to maintain a normal vaginal flora Promotes and maintain intestinal health#C Supports a healthy intestinal flora	CT06, CT15 CT03, CT15 CT06, CT15	SE-208

Lactobacillus plantarum 299 (DSM 6595, 67B)	Prevents translocation of pathogenic bacteria Initiates immuno-globulin production Modulates immune production Improves the microflora Increases the mucin production	At least 10 ⁹ cfu/day	Human studies Animal studies In vitro studies	see the Swedish Reference list: Alenfall et al. 2004, Rayes et al. 2002a Rayes et al. 2002b Olah et al. 2002 White et al. 2006 Mao et al. 1997 Adawi et al. 1999 Jacobsen et al. 1999 Pathmakanthan et al. 2004 Adlerberth et al. 1996 Mack 2005 (internal report)	Förbättrar motståndskraften mot infektioner. #A Improves the resistance against infections #A Supports the gut barrier function – improves body protection#A Supports natural/body defence#A	CT01, CT20 CT01, CT20 CT01, CT20	SE-209
Lactobacillus plantarum 299 (DSM 6595, 67B)	Increase the amount of Lactobacilli in the intestine Decrease the amount of Enterobacteriaceae Inhibit pathogenic bacteria	At least 10 ⁹ cfu/day	Human studies Animal studies In vitro study	see the Swedish Reference list: Berggren 2005 (internal report), Johansson et al. 1993 Adawi et al. 1999 Mao et al. 1997 Jakobsen et al. 1999	Förbättrar tarmfloran // Improves the gastrointestinal flora #C Supports a healthy intestinal flora Helps to maintain intestinal health#C	CT03, CT15 CT06, CT15 CT03, CT15	SE-210
Lactobacillus rhamnosus 271 (DSM 6594)	Establishment of lactobacilli and beneficial changes in the microflora Resolution of abdominal pain	At least 10 ⁹ cfu/day At least 10 ¹⁰ cfu/day	Human studies Animal studies In vitro	see the Swedish Reference list: Nobaek et al (manuscript), Johansson et al 1993 Ahrné et al 1995 Adawi et al 1997 Mao et al 1997 Jacobsen et al 1999	Decrease pain in – a common problem of irritable bowel #A Promotes and maintain intestinal health#C Supports a healthy intestinal flora	CT01, CT15 CT03, CT15 CT06, CT15	SE-211
Lactobacillus crispatus VPC111 (DSM 16741)	Establishment of lactobacilli and beneficial changes in the microflora of the intestine and vagina	At least 10 ⁹ cfu per day	Human study Review	see the Swedish Reference list: Berggren 2005 Falagas et al 2007	Helps to maintain a normal vaginal flora Promotes and maintain intestinal health#C Supports a healthy intestinal flora	CT06, CT15 CT03, CT15 CT06, CT15	SE-212
Lactobacillus crispatus VPC177 (DSM 16743)	Establishment of lactobacilli and beneficial changes in the microflora of the intestine and vagina	At least 10 ⁹ cfu per day	Human studies Animal study Review	see the Swedish Reference list: Vásquez et al 2005, Berggren 2005 Bränning et al 2006 Håkansson et al 2006 Falagas et al 2007	Helps to maintain a normal vaginal flora Promotes and maintain intestinal health#C Supports a healthy intestinal flora	CT06, CT15 CT03, CT15 CT06, CT15	SE-213

<i>Lactobacillus plantarum</i> 299v (DSM 9843)	Cardiovascular disease (decrease fibrinogen, blood cholesterol, F ₂ -isoprostans, IL-6)	At least 10 ¹⁰ cfu /day	Human studies	see the Swedish Reference list: Naruszewicz et al. 2001, Bukowska et al. 1998 Johansson et al. 1998	Bidrar till bibehållen hjärthälsa.#C Supports a healthy heart#C Reduced CVD risk factors #B	CT03, CT20 CT03, CT20 CT04, CT20	SE-214
<i>Lactobacillus plantarum</i> 299v (DSM 9843)	Increase the total antioxidative capacity in blood. Reduce the lipidperoxidation in the intestine.	At least 10 ¹⁰ cfu /day in combination with antioxidants	Human study Animal trial	see the Swedish Reference list: Önning et al. 2003 Håkansson et al. 2006	Ökad antioxidativ kapacitet Increased antioxidative capacity#C Skyddar kroppens celler // Protect your body cells #C	CT03, CT21 CT03, CT21	SE-215
<i>Lactobacillus plantarum</i> 299v (DSM 9843)	Improvement of the microflora Improvement of IBS symptoms Resolution of abdominal pain Reduced gasformation / flatulence	At least 10 ¹⁰ cfu /day	Human studies	see the Swedish Reference list: Niedzielin et al. 2001, Noebaek et al., 2000 Johansson et al. 1998 Önning et al. 2003 Goosens et al. 2003 Goosens et al. 2005	Hjälper magen att må bra#C (No English translation) Promotes and maintains intestinal health #C Supports a healthy intestinal flora Improved gastro -intestinal comfort#C Reduced pain and bloating – a common problem of irritable bowel#A or #B Minskar gasbildning i magen – ett vanligt problem vid orolig mage"#A or #B // Reduced formation of gas – a common problem of irritable bowel#A or #B	CT03, CT15 CT03, CT15 CT06, CT15 CT03, CT15 CT01 or CT04, CT15 CT01 or CT04, CT15	SE-216
<i>Lactobacillus plantarum</i> 299v (DSM 9843)	Reduce recurrence of Clostridium difficile diarräa. Enhances the concentration of fecal short-chain fatty acids.	At least 10 ¹⁰ cfu /day	Human studies	see the Swedish Reference list: Wullt et al. 2003, Wullt et al. 2007 Klarin et al. 2005	Skyddar mage och tarm under antibiotikabehandling #B // Promotes intestinal health during treatment with antibiotics#B	CT01, CT15	SE-217
<i>Lactobacillus plantarum</i> 299v (DSM 9843)	Intestinal health. Establishment of lactobacilli and beneficial changes in the microflora (Enterobacteriaceae)	At least 10 ⁹ cfu /day	Human studies Review	see the Swedish Reference list: Niedzielin et al. 2001, Noebaek et al., 2000 Johansson et al. 1998 Önning et al. 2003 Goosens et al. 2003 Goosens et al. 2005 Johansson et al. 1993 Sallerfors et al. (internal report) Berggren 2002 (internal report) Holm 2003	Hjälper magen att må bra#C// (No English translation) Promotes and maintain intestinal health#C Support a healthy intestinal flora	CT03, CT15 CT03, CT15 CT06, CT15	SE-218

<i>Lactobacillus plantarum</i> 299v (DSM 9843)	Immune response (activates aquired T cell immunity, decrease IL-6, prevents translocation of patogenic bacteria, modulate the response to antigens, modulate the immune response)	At least 10 ⁹ cfu /day	Human studies Animal studies In vitro studies	see the Swedish Reference list: Rask et al. 2005, McNaught et al. 2005 Klarin et al. 2005 Cunningham-Rundles et al. 2000 Mao et al. 1996 Herias et al. 1999 Hessle et al. 1999 McCracken et al. 2002	Förbättrar kroppens immunförsvar#A Supports your natural / body defence#A Stimulates the immune system#A	CT01, CT20 CT01, CT20 CT01, CT20	SE-219
<i>Lactobacillus plantarum</i> 299v (DSM 9843)	Iron absorption	At least 10 ¹⁰ cfu /day	Human studies In vitro study	see the Swedish Reference list: Bering et al. 2006, Hulthén et al. 2007 Sandberg et al. 2006 (internal report)	Förbättrar upptaget av järn //Improves iron absorption	CT06, CT15	SE-220
<i>Lactobacillus reuteri</i>	Gut microflora	≥1x10 ⁸ CFU/day See footnote * in the Swedish Reference list	Human study, RDBPC Human study RDBPC cross-over Human study RDBPC Human study open Human study RDBPC Human study RDBPC Animal study In vitro study In vitro study In vitro study In vitro study In vitro and animal study In vitro study In vitro study In vitro study In vitro study Animal study Animal study	Francavilla R et al. (2007) Inhibition of Helicobacter pylori infection in humans by Lactobacillus reuteri ATCC 44730 and effect on eradication therapy. Helicobacter, in press. Imase K et al. (2007) Lactobacillus reuteri tablets suppress Helicobacter pylori infection--a double-blind randomised placebo-controlled cross-over clinical study. Kansenshogaku Zasshi, 81: 387-93. Saggiaro A et al. (2005) Helicobacter pylori eradication with Lactobacillus reuteri. A double-blind placebo-controlled study. Dig Liver Dis 2005;37 (suppl 1): S88, abstr. PO1.49. Valeur N et al. (2004) Colonization and immunomodulation by Lactobacillus reuteri ATCC 55730 in the human gastrointestinal tract. Appl Environ Microbiol. 70:1176-1181. Wolf BW et al. (1995) Safety and tolerance of Lactobacillus reuteri in healthy adult male subjects. Microb Ecol Health Dis. 8:41-50. Wolf BW et al. (1998) Safety and tolerance of Lactobacillus reuteri supplementation to a population infected with the Human Immunodeficiency Virus. Food Chem Toxicol. 36:1085-1094. Carbajal N (2001) Salmonella challenge animal model: Lactobacillus reuteri SD2112 (human isola Carbajal N. (2006) Growth inhibition of Salmonella typhimurium and Clostridium difficile by Lact Ejehorn M. (2000) Presence of Lactobacillus ssp. in the human stomach and their effects on Helico Elsom GK et al. (2007) The effect of probiotic drinks containing homofermentative or heteroferme Ibrahim SA (2003) Antimicrobial activity of Lactobacillus reuteri against Escherichia coli O157:H Johnson C et al. (2003) Anti Helicobacter pylori activity among lactic acid bacteria isolated from g Kang H et al. (2004) The study of reinforcement effects of host cellular immunity by Lactobacillus Kim SH et al. (2002, abstr.) Colonization property of Lactobacillus reuteri and its antagonistic activ Lahtinen SJ et al. (2007) Specific Bifidobacterium strains isolated from elderly subjects inhibit gro Sinkiewicz G et al. (2001) Inhibition of pathogens by the probiotic Lactobacillus reuteri. Clinical N Wagner RD et al. (1997) Biotherapeutic effects of probiotic bacteria on candidiasis in immunodef Wagner RD et al. (2000) Effect of probiotic bacteria on humoral immunity to Candida albicans in i	Balances the gut microflora.	CT06, CT15	SE-221

<i>Lactobacillus reuteri</i>	Gut microflora	<p>≥1x10⁸ CFU/day</p> <p>See footnote * in the Swedish Reference list</p>	<p>FAO/WHO expert report</p> <p>Human study open</p> <p>Human study open</p> <p>Human study open</p> <p>Review</p> <p>Review</p> <p>Review</p> <p>Review</p>	<p>FAO/WHO. Joint Working Group Report on "Guidelines for the Evaluation of Probiotics in Food", 2002. www.who.int/foodsafety/fs_management/en/probiotic_guidelines.pdf</p> <p>Björkman P. (1999) Colonization of the human gastrointestinal tract by the lactic acid bacteria <i>Lactobacillus reuteri</i>. M.Sc. thesis, Dept. of Food Technology, University of Helsinki, Finland.</p> <p>Glintborg V et al. (2006) Long-term administration of <i>Lactobacillus reuteri</i> (ATCC55730) has no influence on gastric mucosal inflammation and colonization of <i>Helicobacter pylori</i> in humans. A pilot study. <i>Int J Probiotics Prebiotics</i> 1(3-4): 219-223.</p> <p>Valeur N et al. (2004) Colonization and immunomodulation by <i>Lactobacillus reuteri</i> ATCC 55730 in the human gastrointestinal tract. <i>Appl Environ Microbiol.</i> 70:1176-1181.</p> <p>Allen SJ et al. (2003) Probiotics for treating infectious diarrhoea (Cochrane review). In: <i>The Cochrane Database of Systematic Reviews</i>, Issue 4. Art. No.:CD003048.pub2. Chichester, UK: John Wiley & Sons Ltd.</p> <p>Casas IA, Dobrogosz WJ. (2000) Validation of the probiotic concept: <i>Lactobacillus reuteri</i> confers protection from disease in humans and animals. <i>M</i></p> <p>Connolly E. (2004) <i>Lactobacillus reuteri</i> ATCC 55730 a clinically proven probiotic</p> <p>Dobrogosz WJ. (2005) Enhancement of human health with <i>Lactobacillus reuteri</i></p>	<i>L. reuteri</i> , a true probiotic#C	CT03, CT15	SE-222
<i>Lactobacillus reuteri</i>	Gut function	<p>≥1x10⁸ CFU/day</p> <p>See footnote * in the Swedish Reference list</p>	<p>Human study RDBPC</p> <p>Human study open</p> <p>Human study RDBPC</p> <p>Animal study</p>	<p>Francavilla R et al. (2007) Inhibition of <i>Helicobacter pylori</i> infection in humans by <i>Lactobacillus reuteri</i> ATCC 55730 and effect on eradication therapy. <i>Helicobacter</i>, in press.</p> <p>Ouwehand AC et al (2002) Effect of probiotics on constipation, fecal azoreductase activity and fecal mucin content in the elderly. <i>Ann Nutr Metabol.</i> 46:159-162.</p> <p>Tubelius P et al. (2005) Increasing work-place healthiness with the probiotic <i>Lactobacillus reuteri</i>: A randomised, double-blind placebo-controlled study. <i>Environ Health.</i> 4:25.</p> <p>Balish E et al. (2002) <i>Enterococcus faecalis</i> induces inflammatory bowel disease in Interleukin-10 knockout mice. <i>Am J Pathol.</i> 160:2253-2257.</p>	Supports a healthy gut function#C	CT03, CT15	SE-223

<i>Lactobacillus reuteri</i>	Immune defence	<p>≥1x10⁸ CFU/day</p> <p>See footnote * in the Swedish Reference list</p>	<p>Human study RDBPC</p> <p>Human study, open</p> <p>Human study RDBPC</p> <p>Animal study</p> <p>Review</p> <p>In vitro study</p> <p>In vitro study</p> <p>In vitro study</p> <p>In vitro study</p> <p>Review</p>	<p>Tubelius P et al. (2005) Increasing work-place healthiness with the probiotic Lactobacillus reuteri: A randomised, double-blind placebo-controlled study. Environ Health. 4:25.</p> <p>Valeur N et al. (2004) Colonization and immunomodulation by Lactobacillus reuteri ATCC 55730 in the human gastrointestinal tract. Appl Environ Microbiol. 70:1176-1181.</p> <p>Jakobsson T et al. (2005) The effect of oral supplementation of Lactobacillus reuteri on the immunologic composition of breast milk. J Pediatr Gastroenterol Nutr 40(5):624, abstract OP4-05.</p> <p>Kang H et al. (2004) The study of reinforcement effects of host cellular immunity by Lactobacillus reuteri. BioGaia study report EC024/AH.</p> <p>Dobrogosz WJ. (2005) Enhancement of human health with Lactobacillus reuteri – A probiotic, immunobiotic and immuno-probiotic. Nutrafoods. 4:15-28. Review.</p> <p>Mohamadzadeh M et al. (2005) Lactobacilli activate human dendritic cells that skew T cells toward T helper 1 polarization. Proc Natl Acad Sci 102:2880-2885.</p> <p>Smits HH et al. (2005) Selective probiotic bacteria induce IL-10–producing regulatory T cells in vitro by modulating dendritic cell function through dendritic</p> <p>Zeuthen LH et al. (2006) Lactic acid bacteria inducing a weak Interleukin-12 and</p> <p>Zeuthen LH et al. (2007) Epithelial cells prime the immune response to an array</p> <p>Guarner F et al. (2006) Mechanisms of disease: the hygiene hypothesis revisited</p>	<p>Fortifies the immune defence#A</p> <p>Helps strengthen your body's natural defences#A</p> <p>Stimulates the immune system#A</p>	<p>CT01, CT20</p> <p>CT01, CT20</p> <p>CT01, CT20</p>	<p>SE-224</p>
<i>Lactobacillus reuteri</i>	Healthy oral flora	<p>≥1x10⁸ CFU/day</p> <p>See footnote * in the Swedish Reference list</p>	<p>Human study RDBPC</p> <p>Human study RDBPC</p> <p>Human study RDBPC</p> <p>Human study RDBPC</p> <p>In vitro study</p> <p>In vitro study</p>	<p>Caglar E et al. (2006) Salivary mutans streptococci and lactobacilli levels after ingestion of the probiotic bacterium Lactobacillus reuteri ATCC 55730 by straws or tablets. Acta Odontol Scand. 64:314-318.</p> <p>Caglar E et al. (2007) Effect of chewing gums containing xylitol or probiotic bacteria on salivary mutans streptococci and lactobacilli. Clin Oral Invest. 2007 Jun 16; [Epub ahead of print], doi: 10.1007/s00784-007-0129-9.</p> <p>Caglar E et al. (2007) A probiotic lozenge administered medical device and its effect on salivary mutans streptococci and lactobacilli. Int J Pediatr Dent [Epub ahead of print], doi: 10.1111/j.1365-263X.2007.00866.x.</p> <p>Krasse P et al. (2006) Decreased gum bleeding and reduced gingivitis by the probiotic Lactobacillus reuteri. Swed Dent J. 30:55-60.</p> <p>Nikawa H et al. (2004) Lactobacillus reuteri in bovine milk fermented decreases the oral carriage of mutans streptococci. Int J Food Microbiol. 95:219-223.</p> <p>Asikainen S. (2006) In vitro growth inhibition of periodontitis-associated bacteria by Lactobacillus reuteri. Study report, Dept. Oral Microbiology, Umeå University, Sweden, Feb. 28, 2006.</p> <p>Hedberg M et al. (2006) In-vitro growth inhibition of periodontitis-associated sp</p>	<p>Supports a healthy oral flora</p>	<p>CT06, CT16</p>	<p>SE-225</p>

<i>Lactobacillus reuteri</i>	Healthy gum	$\geq 1 \times 10^8$ CFU/day See footnote * in the Swedish Reference list	Human study RDBPC In vitro study In vitro study	Krasse P et al. (2006) Decreased gum bleeding and reduced gingivitis by the probiotic <i>Lactobacillus reuteri</i> . Swed Dent J. 30:55-60. Asikainen S. (2006) In vitro growth inhibition of periodontitis-associated bacteria by <i>Lactobacillus reuteri</i> . Study report, Dept. Oral Microbiology, Umeå University, Sweden, Feb. 28, 2006. Hedberg M et al. (2006) In-vitro growth inhibition of periodontitis-associated species by <i>Lactobacillus reuteri</i> . Presented at Anaerobe 2006, the 8th Biennial Congress of the Anaerobe Society of the Americas, 25-28 July, Boise, ID, USA.	Helps maintain a healthy gum#C	CT03, CT16	SE-226
<i>Lactobacillus reuteri</i>	Healthy teeth and gums	$\geq 1 \times 10^8$ CFU/day See footnote * in the Swedish Reference list	Human study RDBPC Human study RDBPC Human study RDBPC Human study RDBPC In vitro study In vitro study	Caglar E et al. (2006) Salivary mutans streptococci and lactobacilli levels after ingestion of the probiotic bacterium <i>Lactobacillus reuteri</i> ATCC 55730 by straws or tablets. Acta Odontol Scand. 64:314-318. Caglar E et al. (2007) Effect of chewing gums containing xylitol or probiotic bacteria on salivary mutans streptococci and lactobacilli. Clin Oral Invest. 2007 Jun 16; [Epub ahead of print], doi: 10.1007/s00784-007-0129-9. Caglar E et al. (2007) A probiotic lozenge administered medical device and its effect on salivary mutans streptococci and lactobacilli. Int J Pediatr Dent [Epub ahead of print], doi: 10.1111/j.1365-263X.2007.00866.x. Krasse P et al. (2006) Decreased gum bleeding and reduced gingivitis by the probiotic <i>Lactobacillus reuteri</i> . Swed Dent J. 30:55-60. Nikawa H et al. (2004) <i>Lactobacillus reuteri</i> in bovine milk fermented decreases the oral carriage of mutans streptococci. Int J Food Microbiol. 95:219-223. Asikainen S. (2006) In vitro growth inhibition of periodontitis-associated bacteria by <i>Lactobacillus reuteri</i> . Study report, Dept. Oral Microbiology, Umeå University, Sweden, Feb. 28, 2006. Hedberg M et al. (2006) In-vitro growth inhibition of periodontitis-associated sp	Protects teeth and gums#B	CT04, CT16	SE-227