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## *Saccharomyces cerevisiae* CNCM I-3856: A new strategy to improve abdominal pain/digestive discomfort

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With a worldwide prevalence of 5-20%, Irritable Bowel Syndrome (IBS) is associated with high direct and indirect health costs. Its pathogenesis remains unclear, the efficacy of available treatments is modest and short-term, and their tolerance is poor. *Saccharomyces cerevisiae* CNCM I-3856, proprietary to Lesaffre, has been evaluated in a randomized, double blind, placebo-controlled clinical trial in 179 adults with IBS according to Rome III criteria. Patients received either 500 mg of CNCM I-3856 daily or a placebo for 8 weeks followed by a 3-week washout period. After a 2-week run-in period, cardinal symptoms (abdominal pain/discomfort, bloating/distension, flatulence, bowel movement difficulty) and changes in stool frequency and consistency were recorded daily and assessed each week. In the last 4 weeks of treatment, the proportion of responders, defined by an improvement of abdominal pain/discomfort, was significantly higher ( $p=0.04$ ) in the CNCM I-3856 group than the placebo group (63% vs. 47%). These clinical results were strengthened by multiple-choice questionnaires evaluating consumer satisfaction of Ibsium<sup>®</sup>, a CNCM I-3856 food supplement. Upon physician recommendation, 1161 patients consumed one Ibsium<sup>®</sup> capsule per day for a 1 to 3-month period. 96% reported a significant improvement of their symptoms (mainly abdominal pain (64%) and bloating (70%)), and, for 77% of subjects, this improvement was obtained within the first 5 to 15 days of consumption. 99% of consumers reported that they tolerated the product well. Ibsium<sup>®</sup> (*Saccharomyces cerevisiae* CNCM I-3856) is a natural, well-tolerated solution for the long-term management of abdominal discomfort; offering relief without side effects or habituation.

### Biography

Gunnard K Jacobson has over 30 years of experience with industrial yeasts and supplies technical support to the Lesaffre Group's US operations and Lesaffre Human Care. He has a PhD in Microbial Physiology from Oregon State University. He has experience in yeast mutational genetics and has been actively involved in strain development of industrial yeast for multiple applications. Recently, he has been involved in the use of fortified yeasts for human nutrition and probiotic microorganisms for the promotion of human well being.

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