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Breakthrough in IBS treatment

SCIENTISTS at the University of Sheffield have identified a new treatment to help irritable bowel syndrome.

In a trial involving 52 patients clinically diagnosed with IBS, half were given a high strength multistrain probiotic capsule while the other half took placebos - pills which have no effect.

Patients were assessed every two weeks during an eight week period and again two weeks after the trial had ended.

After two weeks 68 per cent of those taking the ProVen probiotic reported an improvement in their symptoms, rising to 92 per cent after eight weeks.

Those who took ProVen said they had less abdominal pain, for a shorter period of time, with less bloating and better bowel movements.

Overall they thought their quality of life had improved.

After the trial had ended, the symptoms of IBS returned so scientists believe the supplement has to be taken all the time to stop the problem.

Scientists have long suspected that probiotics can help maintain digestive health but this is the first clinical trial to test the multistrain probiotic.

Six million people suffer from IBS and patients often manage their condition with anti-diarrhoeals, laxatives and anti-spasmodics, which can be ineffective and expensive.

Dr Elizabeth Williams from the University of Sheffield and lead researcher on the trial said: "This trial is encouraging news for IBS sufferers.

"It tested a probiotic formula that can be delivered in a capsule and may therefore provide an alternative."

ProVen costs 12.45 for 30 capsules and is exclusively available from [verywisenuitrition.co.uk](http://www.verywisenuitrition.co.uk) or by calling 0800 9801282.

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