

**NEWS RELEASE**

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## **Probiotics “Study” in AIM Misleads Consumers and Defies Established Medical Literature on Benefits and Safety of Probiotics**

**WASHINGTON, D.C.**— A new study published in the *Annals of Internal Medicine* dangerously misleads consumers by ignoring the strong safety record of probiotics and the thousands of studies supporting their efficacy. The Natural Products Association (NPA) pointed out that the U.S. Food and Drug Administration (FDA) considers probiotics to be safe and that robust adverse event reporting systems are in place to monitor the use of probiotic and prebiotic supplements.

“This so-called study is an absurd outlier compared to the overwhelming number of studies supporting the safety and efficacy of probiotics in modern medicine. Consumers should always consult with their doctors or medical professionals before using probiotics, but to suggest that there are potentially widespread adverse events is just plain wrong,” said Daniel Fabricant, Ph.D., President and CEO of NPA. “There are robust government reporting requirements to document adverse reactions when they do occur, but for the vast majority of people side effects are minimal and almost never exceed some slight discomfort. FDA considers probiotics to be safe and millions of Americans use them every day.”

Thousands of studies have supported the safe use and efficacy of probiotics for a range of treatments and patient populations, including:

- Treating acute bowel infections; preventing antibiotic-associated diarrhea in healthy children; and preventing necrotizing enterocolitis, a devastating disease that affects bowels in premature infants.<sup>1</sup>
- Managing irritable bowel syndrome.<sup>2</sup>
- Improving not only gut health but liver health as well.<sup>3</sup>
- Reducing the severity of skin rashes in children and eliminate the need for topical corticosteroids to treat symptom flare-ups.<sup>4</sup>
- Reducing the likelihood of infection during antibiotic treatments, with no adverse events.<sup>5</sup>

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<sup>1</sup> Dan W. Thomas, Frank R. Greer, Committee on Nutrition; Section on Gastroenterology, Hepatology, and Nutrition Pediatrics Dec 2010, 126 (6) 1217-1231; DOI: 10.1542/peds.2010-2548

<sup>2</sup> Moayyedi P, Ford AC, Talley NJ, *et al* The efficacy of probiotics in the treatment of irritable bowel syndrome: a systematic review *Gut* 2010;59:325-332

<sup>3</sup> Growing evidence that probiotics are good for your

liver. *ScienceDaily*.sciencedaily.com/releases/2018/04/180423085445.htm. Published April 23, 2018. Updated June 18, 2018.

<sup>4</sup> Navarro-López V, Ramírez-Boscá A, Ramón-Vidal D, *et al*. Effect of oral administration of a mixture of probiotic strains on SCORAD Index and use of topical steroids in young patients with moderate atopic dermatitis: a randomized clinical trial. *JAMA Dermatol.* 2018;154(1):37-43.

<sup>5</sup> Johnston BC, *et al*. *Infect Control Hosp Epidemiol.* 2018;doi:10.1017/ice.2018.84.



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**Natural Products Association**

The **Natural Products Association (NPA)** is *the* trade association representing the entire natural products industry. We advocate for our members who supply, manufacture and sell natural ingredients or products for consumers. The Natural Products Association promotes good manufacturing practices as part of the growth and success of the industry. Founded in 1936, NPA represents approximately 1,000 members accounting for more than 10,000 locations of retailers, manufacturers, wholesalers and distributors of natural products, including foods, dietary supplements and health/beauty aids. Visit [www.npanational.org](http://www.npanational.org).