

NEWS RELEASE

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Contact: Justin Bartolomeo
(202) 789-4365
jbartolomeo@hdmk.org

New Study Dangerously Advocates for Risky Procedure Over Safe Probiotic Supplements

WASHINGTON, D.C.— A new study published in the medical journal *Cell* encourages patients to avoid safe probiotics in favor of a medical procedure that is known to cause adverse events in more than [25 percent of patients](#). The Natural Products Association (NPA) pointed out the near universal medical consensus that probiotics are safe and effective and questioned why researchers would encourage patients to seek a treatment known as a fecal microbiota transplant (FMT) as an alternative, despite its association with a high rate of adverse events, including serious adverse events.

“There are good reasons why probiotics are taken by almost [4 million adults and prescribed](#) by up to 60 percent of health care providers: they’re safe and effective,” said Daniel Fabricant, Ph.D., President and CEO of NPA. “What’s more alarming is that researchers are pushing patients towards a treatment that has been associated with a much [higher rate of adverse events](#).”

Researchers have [concluded](#) that adverse events including *serious* adverse events are not rare and remain a major challenge with FMT. Side effects of FMT have been known to include blood infections, fever, and worsening of inflammatory bowel disease, among others. FMT is also a medical procedure that is less accessible than taking a probiotic supplement. In contrast, thousands of studies have supported the safe use and efficacy of probiotics for:

- Managing irritable bowel syndrome¹
- Improving not only gut health but liver health as well²
- Reducing the severity of skin rashes in children and eliminate the need for topical corticosteroids to treat symptom flare-ups³
- Reducing the likelihood of infection during antibiotic treatments, with no adverse events⁴

¹ 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

² 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.

³ 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.

⁴ Johnston BC, *et al*. *Infect Control Hosp Epidemiol.* 2018;doi:10.1017/ice.2018.84.



440 1st St. NW, Ste. 520, Washington, D.C. 20001
(202) 223-0101, Fax (202) 223-0250

Natural Products Association

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