

NEWS RELEASE

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**Yogurt, Sauerkraut, and Kimchi Should be Treated as Drugs, According to
Authors of New “Study” on Probiotics
New “Study” Makes Outrageous and Misleading Claims About Probiotics
“We’ve seen better science represented at grade school fairs,” says NPA’s Dr. Fabricant**

WASHINGTON, D.C.— Researchers touting a new study published in [Clinical and Translational Gastroenterology](#) said probiotics, which are found in foods like yogurt, sauerkraut, and kimchi, “[should be treated as drugs, and not food supplements.](#)” The outrageous comments are based on a limited study of 30 people where researchers tenuously claimed to link probiotics to a highly subjective, non-medical condition called “brain fog.”

“We’ve seen better science represented at grade school fairs,” said Daniel Fabricant, Ph.D., President and CEO of NPA. “We’re curious if the researchers actually believe that yogurt, sauerkraut, and kimchi should be regulated the same way as prescription drugs. To call this science is insulting to the thousands of scientific studies out there confirming the safe and effective use of probiotics. Consumers should always consult with their doctors or medical professionals before using probiotics, but to suggest they are making people confused or disoriented based on this laughable study is absurd.”

Researchers failed to control for many other health factors that could have influenced participant response during the study. “Brain fog” a non-medical condition associated with some form of cognitive dysfunction is typically triggered by fatigue (91 %), lack of sleep (90 %), prolonged standing (87 %), dehydration (86 %), and feeling faint (85 %) as well as menopause and some therapeutics.

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.¹
- Managing irritable bowel syndrome.²
- Improving not only gut health but liver health as well.³

¹ 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

² 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

³ 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.

- Reducing the severity of skin rashes in children and eliminate the need for topical corticosteroids to treat symptom flare-ups.⁴
- Reducing the likelihood of infection during antibiotic treatments, with no adverse events.⁵

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.

⁴ 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.

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