

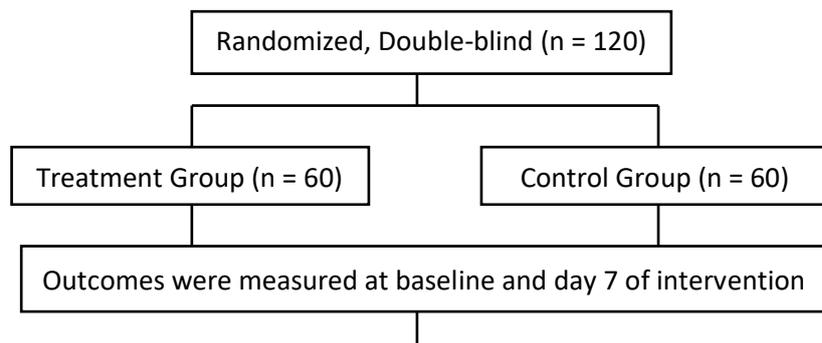
Efficacy of microbial cell preparation in improving chronic constipation: A randomized, double-blind, placebo-controlled trial

Objectives

To evaluate the effects of HEXBIO® on stool frequency, stool consistency and symptoms of chronic constipation in adults.

Methods

This was a randomized, double-blind, placebo-controlled trial. A total of 120 constipated adults diagnosed using the ROME III criteria were randomised and given either microbial cell preparation or placebo to be consumed twice daily.



Measured outcome:

Primary outcome – Frequency of the bowel movement.

Secondary outcome – Self-perception on the improvement of symptoms (straining, lumpy or hard stool, the sensation of incomplete evacuation, the sensation of anorectal blockage, and manual manoeuvres to defecate).

Outcomes

Treatment group showed a significant increase in stool frequency from average 3 times/week to average 6 times/week after administered with HEXBIO® for 7 days. Individuals on HEXBIO® also exhibited significant improvement in constipation symptoms such as the decrease in straining, lumpy & hard stools, and sensation of incomplete evacuation.

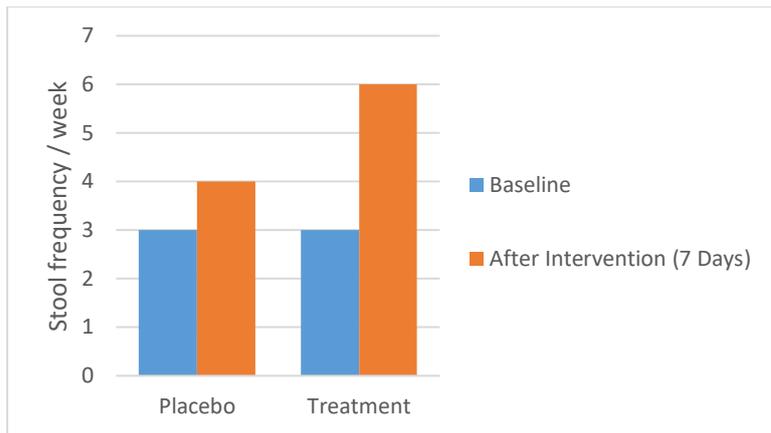


Figure 1. Stool frequency comparison between Placebo and Treatment group over the period of 7 days. Treatment group was significantly different from placebo group ($p = 0.001$).

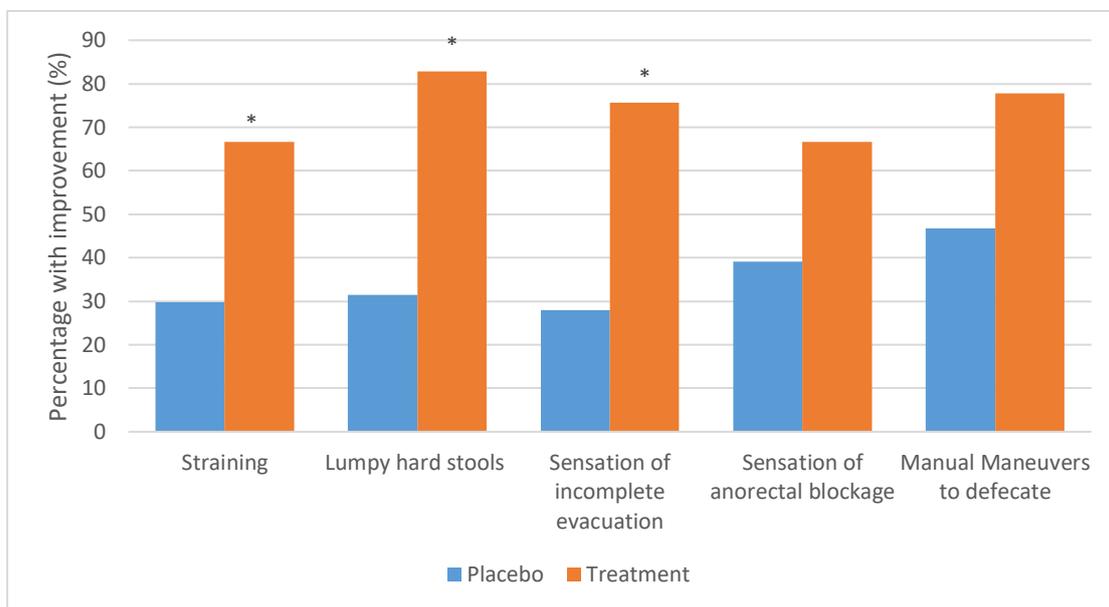


Figure 2. Improvement of constipation symptoms in the treatment vs placebo groups. * $p \leq 0.001$ significantly different from placebo group.

Conclusion

The study provides evidence that HEXBIO® is effective in increasing stool frequency and improving stool consistency. Additionally, it could reduce the symptoms of straining and sensation of incomplete evacuation in adults with chronic functional constipation.

Reference

Jayasimhan, S., Yap, N. Y., Roest, Y., Rajandram, R., & Chin, K. F. (2013). Efficacy of microbial cell preparation in improving chronic constipation: A randomized, double-blind, placebo-controlled trial. *Clinical Nutrition*, 32(6), 928–934. <https://doi.org/10.1016/j.clnu.2013.03.004>