IBtrol

White Paper Summary

3 – in – 1 IBS Support

IBS is a chronic functional bowel disorder affecting 5-10% of the global population[1], and characterized by abdominal pain and irregular bowel habits, with no known cure. Long-term symptom management is the goal of treatment. Symptoms center around bowel dysfunction, gas production and increased pain signalling between the gut and the brain. The IBS gut is characterized by an imbalance in the gut microbiome (dysbiosis)[2]. Chemical messengers from a disordered microbiome can increase inflammatory pathways in the gut which translate as pain signalling to the brain[3].

While dietary restrictions are common among IBS sufferers, prolonged adherence to such diets can lead to decreased fiber intake and depletion of anti-inflammatory microbial metabolites, worsening symptoms and impacting psychological well-being[4, 5].

Recent dietary research has shifted toward supplementation rather than restriction to manage IBS symptoms. The slowly fermentable fiber psyllium reduces gas production peaks[6] associated with peak symptom intensity induced by rapidly fermentable fibers[7]. Psyllium, in doses of 10g or more daily, improves overall IBS symptoms by aiding tolerance to gas-forming foods, and improving bowel function through increased stool weight and softness in constipation and by absorbing excess water and slowing gut transit in those with diarrhea[8].

Prebiotics offer promise in improving the gut microbiota by fostering the growth of beneficial bacteria, particularly bifidobacteria. Prebiotics increase bifidobacteria in people with IBS[9]. However not all prebiotic fibers are suitable for those with IBS, inulin-type fructans (inulin, chicory, fructo-oligosaccharides and oligofructose) exacerbate IBS symptoms[10-12]. Galacto-oligosaccharides increased bifidobacteria levels in IBS, even at low doses[13], and are well-tolerated alongside low FODMAP diets[14], offering symptom relief comparable to low FODMAP diets[15].

The interest in probiotics for IBS treatment is substantial, although the effectiveness varies by strain[16]. Lower levels of *faecalibacterium prausnitzii*, bifidobacteria, and lactobacilli characterize IBS dysbiosis[17], with reduced bifidobacteria associated with heightened pain signalling[18]. IBtrol includes a specific combination of highly researched lactobacilli and bifidobacteria strains that has been clinically demonstrated to improve IBS symptoms in a large human study (n=188)[19].

While no singular treatment offers a cure for IBS, a multifaceted approach addressing different aspects of the disorder is necessary. Co-administration of psyllium with probiotics has shown a protective effect[20, 21], alongside studies indicating that combining prebiotics with soluble fiber may enhance tolerance[6]. Soluble fiber remains a cornerstone for managing bowel dysfunction, yet long-term IBS management should include strategies for microbiome repair with proven prebiotics and supplementation with well characterized strains of lactobacilli and bifidobacteria probiotics to protect the gut from further microbiome instability.

IBtrol integrates clinically proven daily doses of psyllium, galacto-oligosaccharide prebiotic (Bimuno), and five extensively-researched bifidobacteria and lactobacilli strains (*Bifidobacterium lactis* Bl-04, *Bifidobacterium lactis* Bi-07, *Bifidobacterium lactis* HN019, *Lactobacillus acidophilus* NCFM, *Lactobacillus paracasei* Lpc-37). This supplement offers an alternative to restrictive diets or can complement existing dietary restrictions, aiding in symptom management, microbiome repair, and protection against food intolerances and symptom flares. Developed by Dr. Bridgette Wilson, an esteemed gastroenterology Dietitian, in collaboration with Medtrition, IBtrol provides evidence-based support for individuals with IBS.

Market for IBS supplements

The market for IBS treatments is expanding with a global IBS treatment market revenue estimated to reach USD 4.7 Billion by 2030 with a CAGR of 9.5% from 2022 to 2030[22]. Yet many supplements available on the market are not evidence based or only temporarily mask symptoms but don't aim to repair the gut. We believe that IBtrol, as a culmination of decades of human clinical trials and developed with a deep understanding of the root of IBS will become the leading global supplement for IBS sufferers.

References

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