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Guide clinique **DES PROBIOTIQUES**

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Indications, préparations et données cliniques publiées à ce jour

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BUT ET MÉTHODE

BUT :

Le présent guide est conçu de façon à rendre accessibles les données scientifiques disponibles sur les suppléments probiotiques, et ce, en les traduisant en informations pratiques, cliniques et pertinentes qui permettront aux cliniciens de sélectionner facilement le produit, la dose et le format appropriés pour une indication précise.


MÉTHODE :

Les données cliniques ou les études publiées avec des résultats cliniques précis sur les souches de probiotiques ont été analysées en fonction des critères d'inclusions présentés dans le Guide. Les produits disponibles sur le marché contenant lesdites souches ont été identifiés et les niveaux de preuves modifiées ont été utilisés pour évaluer le poids de la recommandation pour chaque produit. Une fois que les résultats ont été compilés en tableaux complets et détaillés, ils ont été évalués par des réviseurs experts indépendants.

Nous incitons vivement les lecteurs à examiner les données cliniques indiquées pour chaque produit afin qu'ils puissent en prendre connaissance par eux-mêmes.

AVERTISSEMENT : L'information contenue dans le présent guide n'est pas destinée au diagnostic, au traitement, à la guérison ni à la prévention de quelque maladie que ce soit. Le présent guide doit être utilisé comme un outil d'aide à la décision clinique qui permet aux professionnels de la santé de fournir des recommandations fondées sur des données probantes à leurs patients. Dans le cas des probiotiques, les données cliniques n'appuient l'utilisation que de certaines préparations/marques de commerce des probiotiques (le genre, l'espèce, la désignation alphanumérique, le nombre de bactéries vivantes présentes, le mélange de souches de probiotiques présentes et, enfin, la nature des ingrédients non actifs présents étant précisés). Tout a été mis en œuvre par l'auteure et les réviseurs pour inclure les données cliniques publiées sur chaque préparation de probiotiques disponible et pour exclure de cet ouvrage une quelconque partialité envers toute préparation. Ce tableau reflète les données cliniques disponibles jusqu'à présent. Il ne représente pas un appui envers un produit précis. Le travail sur ce guide est effectué de façon indépendante et sans conflits d'intérêts financiers. Afin de minimiser les biais, la coordination des efforts de publication et de distribution est effectuée par l'Alliance pour l'Éducation sur les Probiotiques (AEP). Nous sommes reconnaissants envers l'AEP de nous avoir octroyé une subvention sans restrictions pour la publication, nous permettant de poursuivre nos efforts continus de traduire les données scientifiques en informations cliniques pratiques.

ACRONYMES

C	Constipation	IN	Prévention des infections nosocomiales
DAA	Diarrhée associée aux antibiotiques - Prévention	LDL-C	Réduction des LDL et du cholestérol total
DACD	Diarrhée associée au <i>Clostridium difficile</i> - Prévention	MIC	Maladies infectieuses courantes
DAF	Douleur abdominale fonctionnelle	MICI-CU	MICI - Colite ulcéreuse – comme complément à la thérapie standard
DI	Diarrhée infectieuse	MICI-P	Maladies inflammatoires chroniques de l'intestin (pochite)
DV	Diarrhée du voyageur	NEC*	Entérocolite nécrosante (nouveau-né) *conformément au protocole hospitalier, et non à des fins d'autoadministration
EI/DA	Eczéma infantile/Dermatite atopique	Regurg/ Mot intestinale	Réduit la régurgitation/améliore la motilité gastrointestinale
G	Réduit la glycémie dans le diabète de type 2 (glycémie à jeun et hémoglobine glyquée)	SBD	Santé bucco-dentaire 
HP	<i>Helicobacter pylori</i> – Comme complément au traitement d'éradication standard	SCI	Syndrome du côlon irritable

UFC = Unités formant colonies (nombre de bactéries viables), Mns = millions, Mds = milliards, *L.* = *Lactobacillus*, *B.* = *Bifidobacterium*

CRITÈRES D'INCLUSION ET NIVEAU DE PREUVE

TOUS LES TROIS DOIVENT ÊTRE SATISFAITS :

1. Disponible sur le marché canadien comme supplément ou aliment contenant un probiotique
2. GRAS - Généralement reconnu comme étant sûr par la Food and Drug Administration des États-Unis et/ou NPN - Numéro de produit de santé naturel (Santé Canada) – pour les souches de probiotiques utilisées dans les produits
3. Données cliniques favorables publiées sur la souche ou les souches présentes dans chaque produit ou aliment

À NOTER :

- Pour les produits contenant plusieurs souches, les données cliniques doivent porter sur la combinaison
- Certains produits sont exclus de cette édition à cause des changements de souches utilisées
- Veuillez consulter chaque publication pour savoir précisément quelles ont été les populations étudiées et pour obtenir des détails sur l'effet clinique (âge, sexe)

NIVEAU I: Preuves obtenues à partir d'au moins une étude randomisée conçue de façon appropriée (NIVEAU LE PLUS ÉLEVÉ).

NIVEAU II: Preuves obtenues à partir d'études contrôlées bien conçues, mais non randomisées/Preuves obtenues à partir d'études analytiques rétrospectives ou de cohortes, menées de préférence dans plus d'un centre de recherche ou par plus d'un groupe de chercheurs/Preuves obtenues à partir de séries effectuées en plusieurs occasions, avec ou sans intervention. On peut également considérer l'obtention de résultats remarquables lors d'études non contrôlées comme une preuve de ce niveau.

NIVEAU III: Opinion d'experts respectés basée sur l'expérience clinique, études descriptives ou rapports de comités d'experts.

INDICATIONS RELATIVES À LA SANTÉ DES ADULTES

Marque de commerce	Souche(s) probiotique(s)	Préparation	UFC/dose	N ^{re} de doses par jour	DI	DAA	DACD	DV	C	SCI	MICI-CU	MICI-P	HP	SBD	LDL-C	MIC
Align®	<i>B. longum infantis</i> 35624	Capsule	1 md/capsule	1 capsule						I ¹⁻⁴						
Bio-K+® CL1285 ✱	<i>L. acidophilus</i> CL 1285 <i>L. casei</i> LBC80R <i>L. rhamnosus</i> CLR2	Capsule régulière Capsule forte "Protection voyage" Extra forte Liq. de lait ferm. Liq. de riz ferm. Liq. de soya ferm.	12,5 mds/capsule 25 mds/capsule 30 mds/capsule 50 mds/capsule 50 mds/pot 50 mds/pot 50 mds/pot	1-2 capsules 1-2 capsules 1-2 capsules 1-2 capsules 1/2 -1 pot 1/2 -1 pot 1/2 -1 pot		I ⁵⁻⁷	I ⁶⁻⁹									
Comprimés BioGaia®	<i>L. reuteri</i> DSM 17938	Comp. à mâcher	100 mns/comp.	1 comp.	II ¹⁰	III ¹¹			I ¹⁶				I ¹²⁻¹⁵			
Gouttes BioGaia®	<i>L. reuteri</i> DSM 17938	Goutte	100 mns/5 gouttes	5 gouttes	II ¹⁰	III ¹¹			I ¹⁶				I ¹²⁻¹⁵			
Cardioviva™	<i>L. reuteri</i> NCIMB 30242	Capsule	2 mds/capsule	2 capsules											I ¹⁷⁻¹⁹	
CulturedCare™ ProbioticGum	<i>Streptococcus salivarius</i> K12	Pastille	0,5 md/pastille	2-10 pastilles										II ^{44,45}		
Culturelle®	<i>L. rhamnosus</i> GG	Capsule	10 mds/capsule	1 capsule		I ²⁰							I ²¹			
Soin Digestif™ Soulagement Quotidien	<i>L. plantarum</i> 299v	Capsule	10 mds/capsule	1 capsule		III ²²	III ²³			I ²⁴⁻²⁶						
Soin digestif™ Soulagement de la diarrhée	<i>L. rhamnosus</i> GG	Capsule	10 mds/capsule	1 capsule		I ²⁰							I ²¹			
Florastor®	<i>Saccharomyces boulardii</i> lyo	Capsule Sachet	5 mds/capsule 5 mds/sachet	1-2 capsules 1-2 sachets		I ^{27,28}	I ^{8,9,28,29}	I ³⁰⁻³²			III ³³		I ³⁴⁻³⁶			
HMF de Genestra™	<i>L. acidophilus</i> CUL60 <i>L. acidophilus</i> CUL21 <i>B. bifidum</i> CUL20 <i>B. lactis</i> CUL34	Capsule Capsule forte Capsule intensive Super Poudre	2,5 mds/capsule 10 mds/capsule 25 mds/capsule 10 mds/1 mesure (1 gramme)	1-2 capsules 1-2 mesures			II ³⁷			II ³⁸						
lSium®	<i>Saccharomyces cerevisiae</i> I-3856	Capsule	40 mds/capsule	1 capsule						I ³⁹						
Mutaflo® ✱	<i>Escherichia coli</i> Nissle 1917	Capsule	2,5-25 mds/capsule	1-2 capsules							I ⁴⁰⁻⁴³					

✱ - Produit nécessitant une réfrigération

INDICATIONS RELATIVES À LA SANTÉ DES ADULTES

Marque de commerce	Souche(s) probiotique(s)	Préparation	UFC/dose	N ^{bre} de doses par jour	DI	DAA	DACD	DV	C	SCI	MICI-CU	MICI-P	HP	SBD	LDL-C	MIC
PerioBalance™	<i>L. reuteri</i> ATCC 55730 <i>L. reuteri</i> ATCC PTA 5289	100 mns 100 mns	Pastille	200 mns/pastille	2 pastilles									^{46,47}		
Proxilfor® (anciennement Lacidofil)	<i>L. rhamnosus</i> R0011 <i>L. helveticus</i> R0052		Capsule	4 mds/capsule	1-3 capsules					⁴⁸						
TuZen®	<i>L. plantarum</i> 299v		Capsule	10 mds/capsule	1-2 capsules		²²	²³		²⁴⁻²⁶						
Ultra Probiotic Complex de GNC	<i>L. acidophilus</i> CUL60 <i>L. acidophilus</i> CUL21 <i>B. bifidum</i> CUL20 <i>B. lactis</i> CUL34		Paquet Capsule	25 mds/paquet 25 mds, 50 mds, 75 mds/capsule	1-2 paquets 1-2 capsules			²⁷		³⁸						
UltraFlora™ Cold Support (anciennement Health Defense)	<i>L. plantarum</i> HEAL9 <i>L. paracasei</i> 8700:2	0,5 md 0,5 md	Capsule	1 md/capsule	1 capsule											^{49,50}
Visbiome™ ❄️	<i>L. acidophilus</i> SD5212 <i>L. casei</i> SD5218 <i>L. bulgaricus</i> SD5210 <i>L. plantarum</i> SD5209 <i>B. longum</i> SD5219 <i>B. infantis</i> SD5220 <i>B. breve</i> SD5206 <i>S. thermophilus</i> SD5207		Sachet	450 mds/sachet	1-2 sachets					⁵¹	⁵²⁻⁵⁴	^{53,55-57}				
VSL#3® ❄️	<i>L. acidophilus</i> SD5212 <i>L. casei</i> SD5218 <i>L. bulgaricus</i> SD5210 <i>L. plantarum</i> SD5209 <i>B. longum</i> SD5219 <i>B. infantis</i> SD5220 <i>B. breve</i> SD5206 <i>S. thermophilus</i> SD5207		Sachet	450 mds/sachet	1-4 sachets					⁵¹	⁵²⁻⁵⁴	^{53,55-57}				

❄️ - Produit nécessitant une réfrigération

INDICATIONS RELATIVES À LA SANTÉ DES ENFANTS

Marque de commerce	Souche(s) probiotique(s)	Préparation	UFC/dose	N ^{bre} de doses par jour	Regurg/Mot intestinale	NEC* (nouveau né)	Coliques	DI	DAA	DACD	MICI-CU	HP	C	SCI	DAF	MIC	IN	EI/DA	SBD
Comprimés BioGaia®	<i>L. reuteri</i> DSM 17938	Comp. à mâcher	100 mns/comp.	1 comprimé	¶8-60		¶62-65	¶66-70	¶71				¶72,73	¶74,75	¶74,75	¶76,77		¶78	
Gouttes BioGaia®	<i>L. reuteri</i> DSM 17938	Goutte	100 mns/5 gouttes	5 gouttes	¶8-60	¶61	¶62-65	¶66-70	¶71				¶72,73	¶74,75	¶74,75	¶76,77		¶78	
CulturedCare™ ProbioticGum	<i>Streptococcus salivarius</i> K12	Pastille	1 md/pastille	1-5 pastilles															¶44,45
Culturelle®	<i>L. rhamnosus</i> GG	Poudre	5 mds/paquet	2-4 paquets				¶79-84	¶85,86					¶87,88	¶87,88		¶89	¶90-96	
Digestive Care™ Diarrhea Relief Kids	<i>L. rhamnosus</i> GG	Poudre	5 mds/paquet	1-2 paquets				¶79-84	¶85,86					¶87,88	¶87,88		¶89	¶90-96	
Florastor®	<i>Saccharomyces boulardii</i> lyo	Capsule Sachet	5 mds/capsule 5 mds/sachet	1-2 capsules 1-2 sachets				¶98-100	¶101	¶¶102		¶¶55							
HMF Fit for School™ [50 mg vitamin C]	<i>L. acidophilus</i> CUL21 <i>L. acidophilus</i> CUL60 <i>B. lactis</i> CUL34 <i>B. bifidum</i> CUL20	Comprimé	12,5 mds/comp.	1 comprimé													¶103		
Junior Daily Probiotics (anciennement DDS® Junior)	<i>B. lactis</i> UABLA-12 4.2 mds <i>L. acidophilus</i> DDS®-1 0.8 md	Poudre	5 mds/gramme	2 grammes													¶104	¶105	
Probiotique Bébé™	<i>B. lactis</i> BB-12	Goutte	1 md/6 gouttes	6 gouttes					¶107								¶106		
Proxilfor® (anciennement Lacidofil)	<i>L. rhamnosus</i> R0011 <i>L. helveticus</i> R0052	Capsule	4 mds/capsule	1 capsule															¶108

*conformément au protocole hospitalier, et non à des fins d'autoadministration

INDICATIONS RELATIVES À LA SANTÉ DES ENFANTS

Marque de commerce	Souche(s) probiotique(s)	Préparation	UFC/dose	N ^{bre} de doses par jour	Regurg/Mot intestinale	NEC* (nouveau né)	Coliques	DI	DAA	DACD	MICI-CU	HP	C	SCI	DAF	MIC	IN	EI/DA	SBD	
Ultimate FLORA™ ❄️ (anciennement FloraBABY)	<i>B. breve</i> HA-129 <i>L. rhamnosus</i> HA-111 <i>B. bifidum</i> HA-132 <i>B. infantis</i> HA-116 <i>B. longum</i> HA-135	1,2 mds 1 md 0,8 md 0,6 md 0,4 md	Poudre	4 mds/mesure	1 mesure								v							
UltraFlora™ Baby	<i>L. rhamnosus</i> GG <i>B. lactis</i> BB-12	Goutte	1 md/6 gouttes	6 gouttes													¹⁰⁹			
UltraFlora™ Children's	<i>L. acidophilus</i> NCFM® <i>B. animalis subsp lactis</i> Bi-07	2,5 mds 2,5 mds	Comp. à mâcher	5 mds/comp. à mâcher	1-2 comp. à mâcher												¹¹⁰			
Visbiome™ ❄️	<i>L. acidophilus</i> SD5212 <i>L. casei</i> SD5218 <i>L. bulgaricus</i> SD5210 <i>L. plantarum</i> SD5209 <i>B. longum</i> SD5219 <i>B. infantis</i> SD5220 <i>B. breve</i> SD5206 <i>S. thermophilus</i> SD5207		Sachet	450 mds/sachet	1-2 sachets			¹¹¹			^{112,113}			¹¹⁴						
VSL#3® ❄️	<i>L. acidophilus</i> SD5212 <i>L. casei</i> SD5218 <i>L. bulgaricus</i> SD5210 <i>L. plantarum</i> SD5209 <i>B. longum</i> SD5219 <i>B. infantis</i> SD5220 <i>B. breve</i> SD5206 <i>S. thermophilus</i> SD5207		Sachet	450 mds/sachet	1-2 sachets			¹¹¹			^{112,113}			¹¹⁴						

❄️ - Produit nécessitant une réfrigération

*conformément au protocole hospitalier, et non à des fins d'autoadministration

INDICATIONS RELATIVES À LA SANTÉ VAGINALE

Marque de commerce	Souche(s) probiotique(s)	Préparation	UFC/dose	Nbre de doses par jour	Candidose vulvo-vaginale	Vaginose bactérienne
Fem-Dophilus®	<i>L. rhamnosus</i> GR-1 2,5 mds <i>L. reuteri</i> RC-14 2,5 mds	Capsule orale	5 mds/capsule	1 capsule	115,116	117-119
ProB™ (RePhresh ProB)	<i>L. rhamnosus</i> GR-1 2,5 mds <i>L. reuteri</i> RC-14 2,5 mds	Capsule orale	5 mds/capsule	1 capsule	115,116	117-119
Probiac BV®	<i>L. acidophilus</i> A-212 0,4 md <i>L. rhamnosus</i> A-119 6,8 mds <i>S. thermophilus</i> A-336 0,8 md	Capsule vaginale	8 mds/capsule	1-2 capsules		120
Provacare™	<i>L. rhamnosus</i> Lcr35	Capsule vaginale	3,41 mds/capsule	2 capsules	121	122-124
Purfem™	<i>L. rhamnosus</i> PB01 1 md <i>L. gasseri</i> EN-153471 (EB01) 1 md	Ovule vaginal	2 mds/ovule	1 ovule		125,126
UltraFlora™ Women's	<i>L. reuteri</i> RC-14 1 md <i>L. rhamnosus</i> GR-1 1 md	Capsule orale	2 mds/capsule	2 capsules	127	128,129

ALIMENTS FONCTIONNELS AVEC AJOUT DE PROBIOTIQUES

Marque de commerce	Souche(s) probiotique(s)	UFC/dose	N ^{re} de doses par jour	Enfants				Adultes					
				DI	HP	DAA	MIC	DAA	SCI	HP	C	G	MIC
Activia® ❄️	<i>B. (animalis) lactis</i> CNCM I-2494	1 md/portion	1-3 portions						^{150,151}		¹⁵²		
DanActive® ❄️	<i>L. casei</i> sp. <i>Paracasei</i> CNCM I-1518	10 mds/portion	1-2 portions	¹⁵³⁻¹⁵⁵	¹⁵⁶		^{157,159,140}	¹⁵⁸					¹⁴¹⁻¹⁴⁸
iOGO Probio™ ❄️	<i>B. lactis</i> BB-12 <i>L. acidophilus</i> LA-5	1 md/100 g	1-3 portions							¹⁵⁰⁻¹⁵³	^{154,155}	¹⁵⁶	
Céréales pour nourrissons Gerber® de Nestlé®	<i>B. lactis</i> BB-12 DSM 10140	1 md/ 28 g portion	1 portion			^{106,149}	^{106,149}						
Céréales pour tout-petits Gerber® de Nestlé®	<i>B. lactis</i> BB-12 DSM 10140	1 md/ 35 g portion	1 portion			^{106,149}	^{106,149}						
Boisson pour tout-petits Gerber® de Nestlé®	<i>B. lactis</i> BB-12 DSM 10140	1 md/ 200 mL portion	1 portion			^{106,149}	^{106,149}						
Préparation probiotique pour nourrissons Bon Départ™ de Nestlé®	<i>B. lactis</i> BB-12 DSM 10140	130 mns/ 100 mL portion	Pour l'alimentation régulière si l'utilisation d'un substitut au lait maternel est nécessaire.			¹⁰⁷							
Yoptimal® ❄️	<i>B. lactis</i> BB-12 <i>L. acidophilus</i> LA-5	1 md/100 g	1-3 portions							¹⁵⁰⁻¹⁵³	^{154,155}	¹⁵⁶	

❄️ - Produit nécessitant une réfrigération

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