

**TABLE 16-1**

**RECOMMENDATION FOR PROBIOTIC USE IN ALLERGY**

<i>ALLERGY</i>	<i>LEVEL OF RECOMMENDATION</i>	<i>ORGANISM</i>	<i>DOSE</i>	<i>REFERENCES</i>
Eczema prevention	A*	LGG†	Varied	32,34-38,46,47
Eczema treatment	B	LGG‡	Varied	39,40,48-50
Asthma prevention	Insufficient evidence to recommend			37
Asthma treatment	Insufficient evidence to recommend			51
Allergic rhinitis prevention	Insufficient evidence to recommend			37
Allergic rhinitis treatment	Insufficient evidence to recommend			45
Food allergy prevention	Insufficient evidence to recommend			37
Food allergy treatment	Insufficient evidence to recommend			26

LGG = *Lactobacillus* GG; CFU = colony forming units.

\*Although the *Cochrane Systematic Review* did not make a recommendation in favor of the use of probiotics for prevention or treatment of allergic disease due to inconsistency of results between studies, we feel that it is inappropriate to combine, as they did, the results of studies using different probiotic strains into one analysis. Several clinical trials using LGG and other probiotic strains have yielded positive results with narrow confidence intervals.

†LGG is the most well-studied probiotic for eczema prevention. Other probiotics studied with favorable results have included *B. lactis*, *B. bifidum*, *L. Lactis* and *L. reuteri*.

‡LGG is the most well-studied probiotic for eczema treatment. Other probiotics studied with favorable results have included *B. lactis* and *L. reuteri*.

**Allergic Asthma**

Few studies have been done evaluating the effectiveness of probiotics for the treatment of asthma. In a crossover study, 15 adolescents and adults were given a placebo treatment of yogurt containing the starter cultures *S. thermophilus* and *L. bulgaricus* and an active treatment of the same yogurt with the addition of the probiotic *L. acidophilus*. No differences in clinical outcomes or laboratory markers of inflammation were seen between the treatments.<sup>51</sup>

**SUMMARY**

The strongest evidence for the use of probiotics in allergic disease comes from the literature on eczema prevention and treatment (see Table 16-1). Not all probiotics have