Oral Probiotic Reduces Ear and Throat Infections in Children and Adults



Italian researchers have confirmed that a certain oral probiotic species significantly reduces ear infections, throat infections and tonsillitis among children and adults with recurring infections. They were divided into two groups of 20 adults. For ninety days, one group was given ar **oral probiotic supplement** (European brand = Bactoblis®) containing Streptococcus salivarius K12, while the other group went untreated. The .researchers then followed each patient for six months following the 90-day treatment period

While the control group saw no change, the oral probiotic group experienced an 80% decrease in streptococcal pharyngeal infections (strep throat and tonsillitis). During the six months following the 90-day treatment period, the oral probiotic group had a 60% reduced incidence of .strep throat and tonsillitis

.There were no negative side effects reported from the oral probiotic treatment. Nor were there any drop-outs among the oral probiotic group

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