

Find a high quality probiotic that is formulated & dosed according to clinical studies



* Results below are sorted based on 1) Global IBS relief and 2) evidence quality.

** Symptom improvement results are taken from IBSprobiotics.org – a research project reviewing over 40 probiotic strains/blends across 69 randomized placebo-controlled clinical trials. See the [full list of results](#), as well as explanations about efficacy size improvements, evidence quality ratings and methodology.

PROBIOTIC	GLOBAL IBS SYMPTOMS	DIARRHEA	CONSTIPATION	PAIN / DISCOMFORT	BLOATING / DISTENSION	GAS / FLATULENCE	NAUSEA / VOMITING	EVIDENCE QUALITY
Unique IS-2	Strong	Strong	Strong	Strong	Strong	Strong	Not Studied	86.0%
VSL#3 (De Simone)	Strong	No Effect	No Effect	Strong	Strong	Weak	Not Studied	82.0%
Lactospore	Strong	Strong	Not Studied	Strong	Strong	Not Studied	Strong	78.0%
Bio-Kult	Moderate	Moderate	Not Studied	Moderate	Moderate	Not Studied	Not Studied	95.0%
DDS-1	Moderate	Not Studied	Not Studied	Moderate	Weak	Not Studied	Not Studied	90.0%
UABla-12	Moderate	Not Studied	Not Studied	Weak	Weak	Not Studied	Not Studied	90.0%
BGN4 x AD011 x AD031 x IBS041	Moderate	Not Studied	Not Studied	Moderate	Not Studied	No Effect	Not Studied	86.0%
Probio-1ec	Moderate	Not Studied	Moderate	Weak	Moderate	Not Studied	Not Studied	81.0%
ATCC_SD5221 x LAFT1	Weak	Not Studied	Not Studied	No Effect	No Effect	Weak	Not Studied	90.0%
Symprove	Weak	Not Studied	Not Studied	Weak	No Effect	Not Studied	Not Studied	81.0%
L31	No Effect	Strong	Not Studied	Strong	Not Studied	Not Studied	Not Studied	76.0%
LGG	Not Studied	Not Studied	Not Studied	Moderate	Not Studied	Not Studied	Not Studied	91.0%