

# 215 – Probiotic Support for Irritable Bowel Syndrome – My Interview with Dr. Anurag Pande

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Lactospore probiotic is clinically beneficial for IBS

This is an important topic for anyone suffering with Irritable Bowel Syndrome. We are talking about a very specific type of probiotic that may be new to you. It is new for me. There are several distinctions between Lactospore probiotic and the many other probiotics in the marketplace. We'll cover these distinctions and what you need to know. I think you'll be surprised by some of the unique properties of Lactospore.

In this interview Dr. Pande will discuss some of the issues with probiotics in general. If you are an informed consumer then you know that there are many products that are low quality and low effectiveness that exist in the marketplace. We have discussed these issues in previous podcasts. The solution is to understand the distinctions and seek out high quality products with clinical science to validate their claims.

In this case we are discussing the clinical evidence for IBS and Lactospore. [Lactospore](#) is also a unique probiotic in the manner in which it protects itself and that it is heat stable. It can even be used in baked goods and still remain viable. That's a first for me. Heat is usually destructive to probiotics. So this is an interesting exploration of a novel probiotic. Dr. Pande explains this very well.

Quote from [Lactospore.com](#)

“Probiotics are live bacteria that line your digestive tract, often called “good” or “helpful” bacteria because of their overall supportive role in helping to restore the composition of the gut microbiome—by creating an ideal environment and introducing beneficial functions like nutrient absorption, healing of digestive issues, supporting overall brain health, help fight certain allergic conditions and infections.”

How do Probiotics Work?

Mechanisms responsible for healthful effects of probiotics have not been uncovered completely, yet. However, beneficial effects of probiotics, especially in conditions related to gut health may be attributed to: 1) improved gut microflora and 2) production of short-chain fatty acids (SCFA), which further helps counter low-grade inflammation.

Clinical

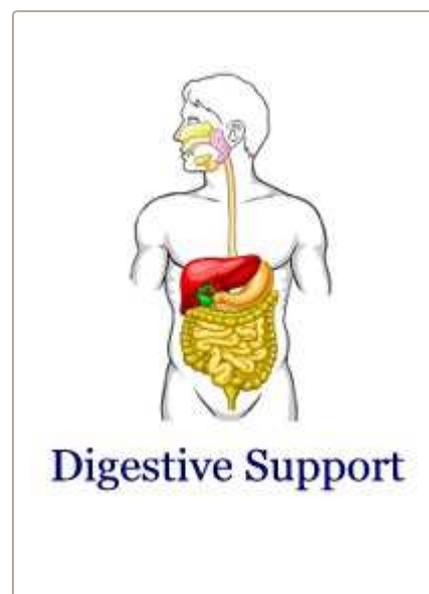
Although probiotics have been well recognized since long for their support of overall digestive health, in the recent time, these “friendly” bacteria have been found to do much more than solely aiding digestion! Several studies have suggested their supportive role in managing immune system, irritable bowel syndrome, weight management and even cholesterol management.

What is LactoSpore?

Probiotics are one of the few supplements that are popularized as a way to maintain one's health, as a whole.



**Dr. Anurag Pande**



LactoSpore is one such clinically validated and commercial probiotic preparation from Sabinsa, containing lactic acid producing microbial preparation from *Bacillus coagulans*, MTCC 5856 (earlier known to be *Lactobacillus sporogenes*).

### Safety

The health benefits and the safety of a probiotic strain largely depend up on the strain, and not the species or genus, hence validating the safety aspects of a probiotic strain is vital. LactoSpore® was found to be safe and well tolerated by healthy individuals when ingested orally.

Irritable Bowel Syndrome (IBS) Here are the results of a clinical study using Lactospore.

- During the study period, both groups showed normal laboratory parameters, anthropometric and vital signs, within the normal clinical range,
- Participants receiving LactoSpore showed a significant decrease in the clinical symptoms, such as bloating, vomiting, diarrhea, abdominal pain and stool frequency compared to placebo group.
- Additionally, LactoSpore group showed decreased disease severity (i.e. Physician's global assessment) and better IBS-quality of life compared to placebo group." End quote. [Go to the source.](#)

If you have IBS, this is important for you to know. Maybe this is the probiotic that will give you the best results. This is an example of how we should learn about our nutrients. Going forward, we will see increasing numbers of raw materials and finished products come to the marketplace. They are not all equal in quality and they are not all equal in benefit. Your process of discovery is to uncover, as best you can, the best products for your health. New products will come to the market that provide wonderful benefits.

When you hear a company make a claim about their product such as Lactospore probiotic, it is fair to ask the question: "Why do we think this product has benefits"? The best answer is that there is good clinical science and good consumer response. Also as is the case with a global company like Sabinsa, "Has this product been accepted by the various regulatory agencies around the world"? When you discover this about the companies that make your products, it should give you a much greater sense of confidence.

There is confusion in the marketplace for good reason. There are cheaters who make bad products. Until the FDA can remove all of them, you need to be a smart consumer. One thing I can tell you with 100% certainty is that you can trust the products and companies that we bring here on HealthQuestPodcast.com. Sabinsa is one of those trusted raw material manufacturers.

### About Dr. Anurag Pande, PhD

Dr. Pande is the Vice-President of Scientific Affairs for Sabinsa. Dr. Pande holds a Ph.D. in Phytochemistry. He has both a Masters Degree in Science and a Bachelor's Degree in Science. He is the author of several trade and peer reviewed publications. He is a contributor to the book "*Curry Powder to Clinical Significance*".

