

-PRESS RELEASE-

*Doctorate Noor Bekkali: Constipation in Infancy and Childhood.*

### **Mixture probiotics effective against constipation**

**Amsterdam, Thursday February 24th 2010 – Last week Noor Bekkali received her doctorate (PhD) from the University of Amsterdam. She wrote her dissertation on bowel motility and the cause of constipation in newborns and children up to the age of 16 years. Possibly this is caused by the water and electrolyte secretion in the bowel. Bekkali also compared the effectiveness and side effects of probiotics in the treatment of constipation in children. Here she found positive effects of Ecologic Relief, a mixture of probiotics, on the symptoms of constipation.**

For her PhD Noor Bekkali examined the duration of the first stool in newborns as a measurement for bowel motility (the functioning of the intestines). She also developed a stool form scale for children under two years: the *Amsterdam infant stool form scale by describing stool characteristics such as stool form, consistency and colour*. Interestingly, Bekkali also showed that the water in the intestine, which is partly determined by electrolyte secretion, may play a role in the aetiology of childhood constipation.

#### **Childhood constipation**

In the Netherlands 20.000-50.000 children suffer from chronic constipation. Their bowels open irregularly and less than three times per week. The faeces is often hard, and can be painful. Besides this, these children are often faecally incontinent and can be tormented by abdominal pain. In 90 to 95 percent of these cases no organic cause is found and regular treatment with laxatives may only help 60 percent of the constipated children.

#### **Effective treatment with Ecologic Relief**

Bekkali compared efficacy and side effects of a number of new and existing treatment options, amongst others probiotics. She evaluated the effectiveness of Ecologic Relief, a mixture of probiotics containing bifidobacteria and lactobacilli, for treating childhood constipation. She conducted a study enrolling 20 children with constipation between the age of 4 - 16 years old. All children received Ecologic Relief daily during four weeks. This pilot study showed that a probiotics mixture containing different strains of bifidobacteria and lactobacilli, has positive effects on symptoms of constipation and increasing the frequency of bowel movements in constipated children. After the four weeks the children complained less about abdominal pain and visited the toilet more frequently. Moreover, children had less unintended loss of faeces. No side effects of the probiotics were found in this study. The article is available on: <http://www.nutritionj.com/content/6/1/17>

"We are pleased to see the results of this study and to be able to help these children. Constipation is often a painful condition. Besides this children are often ashamed of this and benefit from effective treatment," says Marco van Es, Director Business Development at Winclove BIO Industries. "Of course a large randomized placebo controlled trial is required to confirm further these findings. We plan more studies after this extensive research done by Noor Bekkali."

## **Probiotics**

Probiotics are live microbial food ingredients which are reported to be effective in the treatment of IBD, travellers diarrhea and constipation. Colonic micorbiotia influences the peristalsis of the colon. Therefore, imbalance in the colonic micorbiotia has been suggested to play a role in gastro-intestinal diseases such as constipation. Probiotics, such as Bifidobacteria and lactobacilli, both produce lactic, acetic and other acids resulting in a lowering of pH in the colon. A lower pH enhances peristalsis of the colon and subsequently decreases colonic transit time which is beneficial in the treatment of constipation. Given their safety profile, probiotics could be an attractive compound to manipulate gastrointestinal motility in constipated children.

## **About Ecologic Relief**

Winclove Bio Industries is a producer and developer of evidence-based probiotic food supplements. Based in Amsterdam, we are an expert in the field of probiotics for over 20 years now. We are the owner of the probiotic product line Ecologic and we are specialized in developing broad spectrum tailor-made probiotics. Our brand Ecologic probiotics are developed for specific applications; prevention of allergy, antibiotic-associated diarrhea, constipation, vaginal infections, inflammatory bowel disease and traveler's diarrhea. These products are developed and clinically tested in cooperation with university hospitals. Marketing on an exclusive and co-branding basis. More information on [www.winclove.com](http://www.winclove.com) and [www.ecologic.eu.com](http://www.ecologic.eu.com).

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