



**EFSA NDA Panel (EFSA Panel on Dietetic Products, Nutrition and Allergies), 2014. Scientific Opinion on the substantiation of a health claim related to a combination of Bifidobacterium longum LA 101, Lactobacillus helveticus LA 102, Lactococcus lactis LA 103 and Streptococcus thermophilus LA 104 and improvement of bowel function by increasing stool frequency pursuant to Article 13(5) of Regulation (EC) No 1924/2006**

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## SCIENTIFIC OPINION

### Scientific Opinion on the substantiation of a health claim related to a combination of *Bifidobacterium longum* LA 101, *Lactobacillus helveticus* LA 102, *Lactococcus lactis* LA 103 and *Streptococcus thermophilus* LA 104 and improvement of bowel function by increasing stool frequency pursuant to Article 13(5) of Regulation (EC) No 1924/2006<sup>1</sup>

EFSA Panel on Dietetic Products, Nutrition and Allergies (NDA)<sup>2,3</sup>

European Food Safety Authority (EFSA), Parma, Italy

#### ABSTRACT

Following an application from PiLeJe, submitted pursuant to Article 13(5) of Regulation (EC) No 1924/2006 via the Competent Authority of France, the Panel on Dietetic Products, Nutrition and Allergies (NDA) was asked to deliver an opinion on the scientific substantiation of a health claim related to a combination of *Bifidobacterium longum* LA 101, *Lactobacillus helveticus* LA 102, *Lactococcus lactis* LA 103 and *Streptococcus thermophilus* LA 104 and improvement of bowel function by increasing stool frequency. The food that is the subject of the health claim is a combination of four bacterial strains—*B. longum* LA 101, *L. helveticus* LA 102, *L. lactis* LA 103 and *S. thermophilus* LA 104. The Panel considers that a combination of *B. longum* LA 101, *L. helveticus* LA 102, *L. lactis* LA 103 and *S. thermophilus* LA 104, which is the subject of the health claim, is sufficiently characterised. The claimed effect proposed by the applicant is “improves stool frequency”. The Panel considers that improvement of bowel function by increasing stool frequency, provided that it does not result in diarrhoea, is a beneficial physiological effect. The Panel considers that the human study provided for the substantiation of the claim did not find an increase in stool frequency following consumption of a combination of the bacterial strains which is the subject of the claim. The Panel concludes that a cause and effect relationship has not been established between the consumption of a combination of *B. longum* LA 101, *L. helveticus* LA 102, *L. lactis* LA 103 and *S. thermophilus* LA 104 and improvement of bowel function by increasing stool frequency.

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#### KEY WORDS

*Bifidobacterium longum* LA 101, *Lactobacillus helveticus* LA 102, *Lactococcus lactis* LA 103, *Streptococcus thermophilus* LA 104, stool frequency, health claims

<sup>1</sup> On request from the Competent Authority of France following an application by PiLeJe, Question No EFSA-Q-2013-00893, adopted on 10 April 2014.

<sup>2</sup> Panel members: Carlo Agostoni, Roberto Berni Canani, Susan Fairweather-Tait, Marina Heinonen, Hannu Korhonen, Sébastien La Vieille, Rosangela Marchelli, Ambroise Martin, Androniki Naska, Monika Neuhäuser-Berthold, Grażyna Nowicka, Yolanda Sanz, Alfonso Siani, Anders Sjödin, Martin Stern, Sean (J.J.) Strain, Inge Tetens, Daniel Tomé, Dominique Turck and Hans Verhagen. Correspondence: [nda@efsa.europa.eu](mailto:nda@efsa.europa.eu)

<sup>3</sup> Acknowledgement: The Panel wishes to thank the members of the Working Group on Claims: Carlo Agostoni, Jean-Louis Bresson, Susan Fairweather-Tait, Marina Heinonen, Ambroise Martin, Hildegard Przyrembel, Yolanda Sanz, Alfonso Siani, Anders Sjödin, Sean (J.J.) Strain, Inge Tetens, Hendrik van Loveren, Hans Verhagen and Peter Willatts for the preparatory work on this scientific opinion.

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## SUMMARY

Following an application from PiLeJe, submitted pursuant to Article 13(5) of Regulation (EC) No 1924/2006 via the Competent Authority of France, the Panel on Dietetic Products, Nutrition and Allergies (NDA) was asked to deliver an opinion on the scientific substantiation of a health claim related to a combination of *Bifidobacterium longum* LA 101, *Lactobacillus helveticus* LA 102, *Lactococcus lactis* LA 103 and *Streptococcus thermophilus* LA 104 and improvement of bowel function by increasing stool frequency.

The scope of the application was proposed to fall under a health claim based on newly developed scientific evidence. The application includes a request for the protection of proprietary data.

The food that is the subject of the health claim is a combination of four bacterial strains: *B. longum* LA 101, *L. helveticus* LA 102, *L. lactis* LA 103 and *S. thermophilus* LA 104. The Panel considers that the food, a combination of *B. longum* LA 101, *L. helveticus* LA 102, *L. lactis* LA 103 and *S. thermophilus* LA 104, is sufficiently characterised.

The claimed effect proposed by the applicant is “improves stools frequency”. The target population proposed by the applicant is people characterised by a digestive discomfort such as bloating and flatulence and change in stool frequency. The Panel considers that improvement of bowel function by increasing stool frequency, provided that it does not result in diarrhoea, is a beneficial physiological effect.

For the scientific substantiation of the claim, the applicant provided the results of one published human study and one *in vitro* study. The Panel considers that the human study (with methodological limitations) did not show an effect of a combination of the bacterial strains, which is the subject of the claim, on improvement of bowel function by increasing stool frequency. The Panel considers that the *in vitro* study evaluating survival of the four bacterial strains in an artificial gastro-intestinal model does not provide data that can be used for the substantiation of a claim related to improvement of bowel function by increasing stool frequency.

On the basis of the data presented, the Panel concludes that a cause and effect relationship has not been established between the consumption of a combination of *B. longum* LA 101, *L. helveticus* LA 102, *L. lactis* LA 103 and *S. thermophilus* LA 104 and improvement of bowel function by increasing stool frequency.

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## BACKGROUND

Regulation (EC) No 1924/2006<sup>4</sup> harmonises the provisions that relate to nutrition and health claims, and establishes rules governing the Community authorisation of health claims made on foods. As a rule, health claims are prohibited unless they comply with the general and specific requirements of this Regulation, are authorised in accordance with this Regulation, and are included in the lists of authorised claims provided for in Articles 13 and 14 thereof. In particular, Article 13(5) of this Regulation lays down provisions for the addition of claims (other than those referring to the reduction of disease risk and to children's development and health) which are based on newly developed scientific evidence, or which include a request for the protection of proprietary data, to the Community list of permitted claims referred to in Article 13(3).

According to Article 18 of this Regulation, an application for inclusion in the Community list of permitted claims referred to in Article 13(3) shall be submitted by the applicant to the national competent authority of a Member State, which will make the application and any supplementary information supplied by the applicant available to the European Food Safety Authority (EFSA).

## STEPS TAKEN BY EFSA

- The application was received on 11/11/2013.
- The scope of the application was proposed to fall under a health claim based on newly developed scientific evidence.
- The scientific evaluation procedure started on 4/12/2013.
- On 22/01/2014, the Working Group on Claims of the NDA Panel agreed on a list of questions for the applicant to provide additional information to accompany the application. The clock was stopped on 29/01/2014 and restarted on 05/02/2014, in compliance with Article 18(3) of Regulation (EC) No 1924/2006.
- On 05/02/2014, EFSA received the requested information (which was made available to EFSA in electronic format on 04/02/2014).
- During its meeting on 10/04/2014, the NDA Panel, having evaluated the data submitted, adopted an opinion on the scientific substantiation of a health claim related to a combination of *B. longum* LA 101, *L. helveticus* LA 102, *L. lactis* LA 103 and *S. thermophilus* LA 104 and improvement of bowel function by increasing stool frequency.

## TERMS OF REFERENCE

EFSA is requested to evaluate the scientific data submitted by the applicant in accordance with Article 16(3) of Regulation (EC) No 1924/2006. On the basis of that evaluation, EFSA will issue an opinion on the scientific substantiation of a health claim related to a combination of *B. longum* LA 101, *L. helveticus* LA 102, *L. lactis* LA 103 and *S. thermophilus* LA 104 and improvement of bowel function by increasing stool frequency.

## EFSA DISCLAIMER

The present opinion does not constitute, and cannot be construed as, an authorisation for the marketing of a combination of *B. longum* LA 101, *L. helveticus* LA 102, *L. lactis* LA 103 and *S. thermophilus* LA 104, a positive assessment of its safety, *nor a decision on whether* a combination of *B. longum* LA 101, *L. helveticus* LA 102, *L. lactis* LA 103 and *S. thermophilus* LA 104 is, or is not, classified as a

<sup>4</sup> Regulation (EC) No 1924/2006 of the European Parliament and of the Council of 20 December 2006 on nutrition and health claims made on foods. OJ L 404, 30.12.2006, p. 9–25.

foodstuff. It should be noted that such an assessment is not foreseen in the framework of Regulation (EC) No 1924/2006.

It should also be highlighted that the scope, the proposed wording of the claim, and the conditions of use as proposed by the applicant may be subject to changes, pending the outcome of the authorisation procedure foreseen in Article 18(4) of Regulation (EC) No 1924/2006.

## INFORMATION PROVIDED BY THE APPLICANT

**Applicant's name and address:** PiLeJe, 37 Quai de Grenelle, 75738 Paris Cedex 15, France.

The application includes a request for the protection of proprietary data in accordance with Article 21 of Regulation (EC) No 1924/2006 (Drouault-Holowacz et al., 2008).

### Food/constituent as stated by the applicant

According to the applicant, the food for which a health claim is made is a combination of four bacterial strains—*Bifidobacterium longum* LA 101 (29 %), *Lactobacillus helveticus* LA 102 (29 %), *Lactococcus lactis* LA 103 (29 %) and *Streptococcus thermophilus* LA 104 (13 %)—mixed with excipients as mentioned below: potato starch (Perfectamyl D6) (quantity per 2.5 g sachet—1.956 g), dextrose (ROFEROSE® ST) (0.25 g), maltodextrin (GLUCIDEX®) (0.03 g), chicory fructo-oligosaccharides (Beneo®P95), mix of four probiotic strains (0.114 g) and cellulose (Avicell® PH) (0.025 g).

### Health relationship as claimed by the applicant

According to the applicant, the claimed effect is “improves stools frequency”.

### Wording of the health claim as proposed by the applicant

The applicant has proposed the following wording for the health claim: “regulates your (intestinal transit)”, “improves intestinal peristalsism”, “helps to increase stool frequency”.

### Specific conditions of use as proposed by the applicant

The applicant has proposed an intake of one sachet (2.5 g) per day for 28 days. Each sachet has to be taken once daily in the fasting state, at least three hours after a meal and 15 minutes before the next meal. The powder has to be dissolved in water 10 minutes before its ingestion. The target population is people characterised by a digestive discomfort such as bloating and flatulence and change in stool frequency.

## ASSESSMENT

### 1. Characterisation of the food

The food that is the subject of the health claim is a combination of four bacterial strains—*Bifidobacterium longum* LA 101 (29 %), *Lactobacillus helveticus* LA 102 (29 %), *Lactococcus lactis* LA 103 (29 %) and *Streptococcus thermophilus* LA 104 (13 %)—with other food ingredients or excipients: 1.96 g potato starch (Perfectamyl D6), 0.25 g dextrose (ROFEROSE® ST), 0.03 g maltodextrin (GLUCIDEX®), 0.125 g chicory fructo-oligosaccharides (Beneo®P95) and 0.025 g cellulose (Avicell® PH). The concentration of the bacterial strains in colony-forming units (CFU) is  $10^{10}$  CFU per sachet ( $2.9 \times 10^9$  CFU *B. longum* LA 101;  $2.9 \times 10^9$  CFU *L. helveticus* LA 102;  $2.9 \times 10^9$  CFU *L. lactis* LA 103;  $1.3 \times 10^9$  CFU *S. thermophilus* LA 104).

Data on microbiological safety and stability of the strains were provided.

The strain *B. longum* LA 101 (also named R0175) was deposited in the Collection Nationale de Cultures de Microorganismes (CNCM) under the deposit number I-3470. The CNCM is a restricted-access non-public collection which has the status of International Depository Authority under the Budapest Treaty. Data on phenotypic (morphology, fermentation pattern, biochemical tests) and genotypic characterisation of the strain, including species-specific polymerase chain reaction (PCR) and 16S rRNA gene and *tuf* gene sequence analyses for species identification, and pulsed-field gel

electrophoresis (PFGE) for strain typing, were provided. The Panel considers that the strain *B. longum* LA 101 is sufficiently characterised.

The strain *L. helveticus* LA 102 (also named R0052) was deposited in the CNCM under the deposit number I-1722. Data on phenotypic (morphology, fermentation pattern, enzymatic activities, 2D-protein analysis) and genotypic characterisation of the strain, including 16S rRNA gene and 16S–23S rRNA intergenic region sequence analyses, DNA–DNA hybridisation and amplified ribosomal DNA restriction analysis (ARDRA) for species identification, and PFGE for strain typing, were provided. According to the applicant, this strain was initially identified as *L. acidophilus*, but more recently reclassified as *L. helveticus*. The Panel considers that the strain *L. helveticus* LA 102 is sufficiently characterised.

The strain *L. lactis* LA 103 (also named R1058) was deposited in the CNCM under the deposit number MA 67/4J. Data on phenotypic (morphology, fermentation pattern, biochemical tests) and genotypic characterisation of the strain, including 16S rRNA gene sequence analysis for species identification and multi-locus sequence typing (MLST), randomly amplified polymorphic DNA (RAPD) and PFGE analyses for strain typing, were provided. The Panel considers that the strain *L. lactis* LA 103 is sufficiently characterised.

The strain *S. thermophilus* LA 104 (also named R1018) was characterised phenotypically (morphology, fermentation pattern, biochemical tests) and genotypically, including 16S rRNA gene sequence analysis for species identification and PFGE for strain typing. The strain was deposited in the CNCM with the number CNCM-I4691. The Panel considers that the strain *S. thermophilus* LA 104 is sufficiently characterised.

The Panel considers that the food, a combination of *B. longum* LA 101, *L. helveticus* LA 102, *L. lactis* LA 103 and *S. thermophilus* LA 104, which is the subject of the health claim is sufficiently characterised.

## 2. Relevance of the claimed effect to human health

The claimed effect proposed by the applicant is “improves stools frequency”. The target population proposed by the applicant is people characterised by a digestive discomfort such as bloating and flatulence and change in stool frequency.

The Panel considers that an improvement of bowel function such as reduced transit time, more frequent bowel movements, increased faecal bulk or softer stools, provided that it does not result in diarrhoea, is a beneficial physiological effect.

The Panel considers that improvement of bowel function by increasing stool frequency, provided that it does not result in diarrhoea, is a beneficial physiological effect.

## 3. Scientific substantiation of the claimed effect

The applicant performed a literature search in the PubMed database. The following search terms were used: “probiotic”, “probiotics”, “Lactibiane”, “probiotic/ibs”, “probiotics/ibs”, “probiotic/transit”, “probiotics/transit”. A manual search was also performed.

The applicant identified one published human study (Drouault-Holowacz et al., 2008, claimed as proprietary) and one *in vitro* study (Denis et al., unpublished) as pertinent to the claim.

A placebo-controlled, randomised, double-blind, multi-centre, parallel study by Drouault-Holowacz et al. (2008) investigated the effects of daily consumption of the combination of bacterial strains which is the subject of the claim on symptoms related to gastro-intestinal discomfort. The study was performed in a group of 116 outpatients with irritable bowel syndrome (IBS) according to the Rome II criteria



and a discomfort/pain score superior or equal to 1 assessed using a 0–3 Likert scale. The combination of four bacterial strains which is the subject of the claim was provided in the form of 2.5 g sachet to be taken once daily or placebo (of identical appearance and identical composition except for the bacterial strains) and was given randomly for four weeks. A questionnaire assessing intensity of symptoms was completed by the subjects each week. The primary outcome was “satisfactory relief” of overall IBS symptoms as measured weekly by a binary scale answer (Yes/No) to a question about satisfactory relief of IBS symptoms as reported by Kellow et al. (2003). The subjects also had to answer a second question related to the relief of symptoms of abdominal discomfort/pain using a scale with five different severity descriptors according to Müller-Lissner et al. (2001). Other secondary endpoints included weekly assessment of discomfort/pain, intensity of abdominal pain using a 10 cm visual analogue scale (0, not at all; 10, acute, unimaginable), and self-assessment of stool frequency and consistency. Upon request by EFSA the applicant indicated that stool consistency was recorded on a five-point scale (very hard, hard, mould, soft and liquid), but additional information about its validation was not provided.

In statistical analysis of the results the differences in items from questionnaires between the two intervention groups were analysed applying the two-sided  $\chi^2$ -test or Fisher exact test, as appropriate. Answers on visual analogue scales were measured in centimetres and compared (row values and changes expressed in percentages) between groups by the Mann–Whitney test and within groups (week 5 and week 1) by Wilcoxon’s rank-sum test. The percentage of variation were calculated using the formula  $([Wk4 - Wk0]/Wk0) \times 100$ . The Panel notes that correction for multiple comparisons was not taken into account in the statistical analyses. In the study report, the results were presented as both per protocol (PP) (100 subjects) and intention to treat (ITT) (106 subjects) analyses.

The Panel notes that assessment of stool frequency was treated as a secondary endpoint and the study was not powered to assess this endpoint. Between group differences related to stool frequency and consistency were not statistically significant.

The Panel considers that this study (with some methodological limitations) did not show an effect of a combination of bacterial strains which is the subject of the claim on improvement of bowel function by increasing stool frequency.

In the second study provided, the survival of the four bacterial strains, a combination of which is the subject of the claim, was evaluated in an artificial gastro-intestinal model (TIM) (Denis et al., unpublished). The Panel considers that this study does not provide data that can be used for the substantiation of a claim related to improvement of bowel function by increasing stool frequency.

In weighing the evidence, the Panel considers that the only human study (with methodological limitations) provided for the substantiation of the claim did not show an effect of a combination of the bacterial strains which is the subject of the claim on improvement of bowel function by increasing stool frequency.

The Panel concludes that a cause and effect relationship has not been established between the consumption of a combination of *Bifidobacterium longum* LA 101, *Lactobacillus helveticus* LA 102, *Lactococcus lactis* LA 103 and *Streptococcus thermophilus* LA 104 and improvement of bowel function by increasing stool frequency.

## CONCLUSIONS

On the basis of the data presented, the Panel concludes that:

- The food, a combination of *Bifidobacterium longum* LA 101, *Lactobacillus helveticus* LA 102, *Lactococcus lactis* LA 103 and *Streptococcus thermophilus* LA 104, which is the subject of the health claim is sufficiently characterised.

- The claimed effect is “improves stools frequency”. The target population proposed by the applicant is people characterised by a digestive discomfort such as bloating and flatulence and change in stool frequency. The Panel considers that improvement of bowel function by increasing stool frequency is a beneficial physiological effect.
- A cause and effect relationship has not been established between the consumption of a combination of *Bifidobacterium longum* LA 101, *Lactobacillus helveticus* LA 102, *Lactococcus lactis* LA 103 and *Streptococcus thermophilus* LA 104 and improvement of bowel function by increasing stool frequency.

#### DOCUMENTATION PROVIDED TO EFSA

Health claim application on a combination of *Bifidobacterium longum* LA 101, *Lactobacillus helveticus* LA 102, *Lactococcus lactis* LA 103 and *Streptococcus thermophilus* LA 104 and improvement of bowel function by increasing stools frequency pursuant to Article 13(5) of Regulation (EC) No 1924/2006 (Claim serial No: 0402\_FR). November 2013. Submitted by PiLeJe.

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## **ABBREVIATIONS**

|       |   |
|-------|---|
| ARDRA | amplified ribosomal DNA restriction analysis        |
| CFU   | colony-forming unit                                 |
| CNCM  | Collection Nationale de Cultures de Microorganismes |
| DNA   | deoxyribonucleic acid                               |
| IBS   | irritable bowel syndrome                            |
| ITT   | intention to treat                                  |
| MLST  | multi-locus sequence typing                         |
| PCR   | polymerase chain reaction                           |
| PFGE  | pulse field gel electrophoresis                     |
| RAPD  | randomly amplified polymorphic DNA                  |
| RNA   | ribonucleic acid                                    |
| TIM   | polyfermentor intestinal model                      |