

The effects of FloraSMART on gastrointestinal symptoms and health in older adults

ACTRN12625000813482

Status	RECRUITING
Sponsor	Murdoch University
Enrollment	60 participants

Plain Language Summary

As we get older, the trillions of bacteria living in our gut — our microbiome — change in ways that can affect our health. Beneficial bacteria tend to decline while potentially harmful bacteria increase, contributing to gut discomfort and inflammation. Postbiotics are health-supporting compounds produced by or derived from beneficial bacteria, and they have shown promise in improving gut health in younger adults, but very little research has focused on older people.

This study is testing whether a specific postbiotic supplement called FloraSMART A17 can reduce gut symptoms and improve quality of life in adults aged 60 to 80. Participants will take the supplement or a placebo for a set period and complete questionnaires about their digestive health and wellbeing.

You may be eligible if you are aged 60 to 80, live independently in the community, and are generally well. You would not be eligible if you take three or more prescription medications, recently had antibiotics or a major procedure, have a serious gut condition, or are already taking probiotic or prebiotic supplements.

Key Eligibility Criteria

Inclusion (3)

- Aged 60-80 years old
- Community dwelling
- Willing and able to comply with the protocol and participate for the planned duration of the study.

Exclusion (6)

- Taking 3 or more prescription medications
 - Received oral or parenteral antibiotics during the 28 days before the baseline visit
 - Hospitalization, major surgery or endoscopy within the last 3 months or scheduled hospital admission with 3 months of enrolment.
 - Known allergy to probiotics, Lactobacillus, Bifidobacterium, Enterococcus, antibiotics that could be used to treat Lactobacillus/Bifidobacterium infection, microcrystalline cellulose or gelatin.
 - Serious gastrointestinal illness including chronic liver disease, gastrointestinal surgery, cancer, inflammatory bowel disease, pancreatitis or motility disorder in the last 2 years.
- ... and 1 more (see full listing online)

Locations (1 total)

WA, Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12625000813482>

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