

Efficacy of LcS-Fermented Milk on Constipation-Related Symptoms in Filipino Adults

NCT07083596

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Santo Tomas
Enrollment	60 participants

Key Eligibility Criteria

Inclusion (3)

- Filipino adult male or female aged 18 to 59 years old
- Apparently healthy adults with constipation-related symptoms of hard to lumpy stools (Bristol Stool Form Scale 1-2) in 25% or more of defecations in a week
- With cold storage at home

Exclusion (12)

- Habitual intake of food items containing probiotics and prebiotics as food supplements (previous 3 months, at least three times per week)
- Constipation due to organic or neurologic origin
- High fiber intake (≥ 30 g/day)
- Pregnant or lactating
- Allergy to dairy products and/or lactose intolerance
- ... and 7 more (see full listing online)

Locations (1 total)

University of Santo Tomas, Manila, Manila, Philippines