

# The Effectiveness of “Slimming Probiotics”

For several months, the link between the intestinal microbiota and body weight has been the subject of numerous studies and scientific papers. It is now recognized that an imbalance in the intestinal bacterial flora promotes weight gain. Conversely, rebalancing the intestinal microbiota using probiotics appears to be a promising and natural way to accelerate weight loss. As such, a research team from the Institute of Nutrition in Rio de Janeiro has just demonstrated the effectiveness of several slimming probiotics, including the *Lactobacillus gasseri* strain.

According to the definition of the World Health Organization (WHO), probiotics are “living microorganisms that, when ingested in sufficient quantities, exert beneficial effects on health”. Research on this subject has identified thousands of different probiotics, of which the best known bacterial strains belong to the genera *Bifidobacterium* and *Lactobacillus*.

## **Lactobacillus gasseri Probiotic and Weight loss**

The weight-loss potential of the probiotic strain *Lactobacillus gasseri* has been confirmed by a systematic review of the scientific literature (Million et al., 2012) To confirm the effectiveness of this slimming probiotic, more than 1,500 publications were selected and reviewed. At the end of the analysis, fourteen randomized double-blind studies were selected to limit the risk of biased results. Among them are studies conducted on animal models and clinical trials in humans. Regardless of the method used, these studies concluded that weight loss was observed in many individuals who have

received *Lactobacillus gasseri* supplements, in particular, a decrease in body mass index (BMI). These positive results have led to the development of supplements based on *Lactobacillus gasseri*. A European pioneer in nutritional supplementation, Super Smart has been marketing this slimming probiotic for many years in the form of DR capsules Caps™. Gastro-resistant, these capsules protect the probiotics from the acids contained in the stomach and ensure their release in the intestines.

The effectiveness of the slimming probiotic *Lactobacillus gasseri* is currently arousing great interest in the scientific community. And with good reason, since this bacterial strain appears to be a natural solution, safe and without side effects, to lose weight, regain a healthy weight and fight overweight. The preventive use of the probiotic strain *Lactobacillus gasseri* is supported by several positive scientific results. Published in the *Journal of Nutritional Science*, a study has confirmed and deepened the benefits of this bacterial strain within the body. In addition to its slimming effects, it helps strengthen the intestinal barrier and counteracts inflammation of adipose tissue, an inflammatory reaction involved in the occurrence of certain metabolic disorders.

## References

Million, M., Angelakis, E., Paul, M., Armougom, F., Leibovici, L. and Raoult, D., 2012. Comparative meta-analysis of the effect of *Lactobacillus* species on weight gain in humans and animals. *Microbial pathogenesis*, 53(2), pp.100-108.

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