

Working Group 5

Prebiotics, probiotics and common GI symptoms in the general population (not diseases).

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While randomized controlled trials have studied the efficacy of prebiotics and probiotics in defined gastrointestinal disorders, such as irritable bowel syndrome, most consumers take probiotics and prebiotics for occasional gastrointestinal symptoms which do not meet criteria for a specific disease or disorder. The goal of this workshop, therefore, will be to, firstly, explore the range, prevalence and impact of non-syndromatic gastrointestinal ills in the general population, secondly, to discuss the potential for prebiotics and probiotics to impact on such symptoms and, finally, to review and critically assess the evidence for their efficacy in this context.

Invited experts:

- Francisco Guarner
- Tammy Ringel-Kulka
- Yehuda Ringel
- Pali Hungin
- Lars Agreus, Karolinska
- Ana Maria Abreu