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Members at Large: *Gregor Reid PhD; Eamonn Quigley MD; Glenn Gibson PhD; Michael Cabana MD; Sarah Lebeer PhD. Mary Ellen Sanders PhD, Executive Science Officer.*

ISAPP's annual meeting

- **First time in Asia!** The 2018 meeting will be held in Singapore, June 5-7th. This is ISAPP's first annual meeting to be convened in Asia. The format is an open-registration program June 5-6, with no limits for the number of industry representatives per company. We look forward to engaging Asian scientists from academics and industry to better achieve a global outreach. All IAC members will receive up to 2 complementary registrations for the meeting as well as the opportunity to participate in the by-invitation Discussion Forum to be held June 7. Registration, program, speakers at www.ISAPP2018.org.
- **ISAPP 2019.** The 2019 meeting is planned for Antwerp, Belgium, May 20-22.

Highlights of ISAPP Activities 2017

The mission of ISAPP is to advance scientific excellence in probiotics and prebiotics. ISAPP is an independent, science-based voice for the probiotic and prebiotic fields. ISAPP's core values are **Stewardship, Advancing the Science, and Education**. Below is a short summary of how ISAPP lived up to these core values.

Stewardship

- **Don't shortchange the evidence.** ISAPP responded to a 2017 paper by [Rondanelli et al](#), correcting its conclusions about endpoints for which clinical substantiation of probiotic effects was available. See [Paper incompletely describes evidence-based usage of probiotics](#).
- **Consumers deserve to know what's in the bottle.** On behalf of ISAPP, Mary Ellen Sanders agreed to chair the [United States Pharmacopeia's](#) expert panel on probiotics. The expert panel advises USP on third party assessment of probiotics. She also presented at a USP/IPA's conference (October 26, 2017) on this activity, and chaired a panel at Global Engage (November 2) on third party verification of probiotics.
- **Hey FDA! Labels should say CFU, not mg, for probiotic supplements.** [ISAPP commented](#) on the IPA citizen petition requesting FDA change labeling regulations for probiotics, from mg/dose to CFU. ISAPP agreed with the IPA position, except encouraged the FDA to consider alternative methods for reporting CFU, once they are **validated**.
- **ISAPP now on Twitter and Facebook.** ISAPP is expanding its reach through new presence on social media platforms: follow ISAPP on Twitter @ISAPPPscience and [Facebook](#).

Advancing the Science

- **ISAPP Annual Meeting.** ISAPP convened its 15th annual meeting June 25-27, 2017 in Chicago, IL, USA. [Meeting report](#). A post-meeting survey showed that 95% felt the meeting met their expectations.
- **Gibson lead author on prebiotic consensus panel paper.** The paper describing the conclusions of the ISAPP consensus panel on prebiotics was published in Nature Reviews Gastroenterology and Hepatology: [Expert consensus document: The International Scientific Association for Probiotics and](#)

[Prebiotics \(ISAPP\) consensus statement on the definition and scope of prebiotics](#). The article is ranked 1st among the 48 tracked articles of a similar age in NRGH.

- **ISAPP meets with CBER/CFSAN.** On May 16, 2017, Dan Merenstein MD, Andi Shane MD, MPH, Carlton Lee PharmD, Greg Leyer PhD (by phone) and Mary Ellen Sanders PhD met with CBER and CFSAN representatives to discuss appropriate clinical use of probiotics. CBER suggested it would convene a workshop among stakeholders to discuss this further.
- **ISAPP supports speaker in India.** ISAPP is sponsoring Dan Merenstein to speak at the [Probiotics Association of India](#) meeting in New Delhi, India on Feb 16-17, with the goal of improving ISAPP's influence in expanded geographical regions.
- **What is the best dietary source of live microbes?** To help answer this question, ISAPP coordinated a review paper to be authored by board member Robert Hutkins (University of Nebraska). His paper, "A survey of live microorganisms in fermented foods" is In Press, Food Microbiology.
- **Can probiotics reduce antibiotic use?** Several probiotics have been shown to reduce incidence or duration of common infectious diseases. ISAPP commissioned a systematic review to determine if probiotics had an impact on antibiotic use. The paper "Does probiotic consumption reduce antibiotic utilization for common acute infections?" was submitted November 2017 to JAMA.
- **The evidence for *L. reuteri* and colic.** The individual patient data meta-analysis on the impact of *Lactobacillus reuteri* on colic in infants will be published in Pediatrics. This ISAPP-sponsored collaboration of nine academic experts will provide the best assessment of current evidence on this topic.

Education

- **Consumers should look to ISAPP for science-based information.** Check out new consumer-friendly, science based content, spearheaded by ISAPP's Science Translation Committee:
 - Just released! Four 3-minute videos explaining probiotics: [Probiotic videos](#). ISAPP is seeking industry collaboration for a video on prebiotics.
 - [ISAPP infographics](#) – Check out the newest one: [Probiotics for Healthy People](#)
 - [ISAPP blogs](#). Check them out. Topics such as microbiome analysis, gut/brain axis, safety of fermented foods, and more -perspectives by board members and guest writers.
- **New newsletter!** In September, ISAPP launched a [monthly newsletter](#). Sign up [here](#).
- **Getting family physicians up to speed on evidence-based probiotic use.** As an output from the discussion group he led in Chicago, Dr. Dan Merenstein, Professor and family physician, is championing several efforts targeting clinicians about evidence for probiotics. Through the American Academy of Family Physicians, he is exploring the possibility for guidelines for AAD and to develop a CME. Also, he is working with the Science Translation Committee to investigate how recommendations for probiotics and AAD might be promoted through UK national guidelines.

Recent Papers from ISAPP Activities

- Merenstein DJ, Sanders ME, Tancredi DJ. Evidence-Based Probiotic Use in Family Medicine. Submitted, Journal of Family Practice.
- Rezac S, Heermann M, Kok CR, Hutkins R. A survey of live microorganisms in fermented foods. Submitted.
- King S, Tancredi D, Lenoir-Wijnkoop I, Sanders ME, Gould K, Vann H, Connors G, Linder J, Shane A, Merenstein DJ. Does probiotic consumption reduce antibiotic utilization for common acute infections? A systematic review. Submitted.

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- Sung V, D'Amico F, Cabana MD, Chau K, Koren G, Savino F, Szajewska H, Deshpande G, Dupont C, Indrio F, Mentula S, Partty A, Tancredi D. [Lactobacillus reuteri DSM17938 to treat infant colic: a meta-analysis](#). 2018 Jan;141(1). pii: e20171811. doi: 10.1542/peds.2017-1811.
- Sanders ME, Younes J. [Paper incompletely describes evidence-based usage of probiotics](#). Published Online 20 Oct 2017. <http://dx.doi.org/10.1080/19490976.2017.1393143>
- Sanders ME, Benson A, Lebeer S, Merenstein DJ, Klaenhammer TR. 2018. [Shared mechanisms among probiotic taxa: implications for general probiotic claims](#). Curr Opin Biotechnol. 49: 207-216.
- Gibson GR, Hutkins R, Sanders ME, Prescott SL, Reimer RA, Salminen SJ, Scott K, Stanton C, Swanson KS, Cani PD, Verbeke K, Reid G. [Expert consensus document: The International Scientific Association for Probiotics and Prebiotics \(ISAPP\) consensus statement on the definition and scope of prebiotics](#). Nat Rev Gastroenterol Hepatol. 2017, 14(8):491-502.
- Reid G, Abrahamsson T, Bailey M, Bindels LB, Bubnov R, Ganguli K, Martoni C, O'Neill C, Savignac H, Stanton C, Ship N, Surette M, Tuohy K, van Hemert S. [How do probiotics and prebiotics function at distant sites?](#) Beneficial Microbes 2017; 8(4):521-533.

Helpful Links

[Full list of ISAPP Publications](#)

[16 years of annual meeting reports](#)

[Industry involvement in ISAPP](#)