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ISAPP's annual meeting

- **First time in Asia!** The 2018 meeting was held in Singapore, June 5-7th, making it ISAPP's first annual meeting in Asia. See the [meeting report](#).
- **ISAPP 2019.** Don't miss the 2019 meeting May 14-16th, in Antwerp, Belgium. More information and registration will soon be active [here](#).

Highlights of ISAPP Activities 2018

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 promoted these core values.

Stewardship

- **Responses to published papers incorrectly characterizing aspects of probiotic safety and efficacy.** When [Rao, et al](#) incriminated probiotics as a cause of D-lactic acidosis, ISAPP posted a [blog](#) and published a [letter to the editor](#) of *Clin Transl Gastroenterol* objecting to this conclusion. Responding to two papers in *Cell* ([here](#) and [here](#)), and accompanying media coverage that called into question probiotic safety and efficacy, ISAPP published a detailed [blog](#) objecting to conclusions and released a [public statement](#). ISAPP also submitted a letter to the editor in *JAMA Internal Medicine* responding to a [commentary](#) that characterized probiotics as unsafe.
- **Minimum criteria for probiotics.** The discussion group at the Singapore ISAPP meeting on global harmonization of probiotic regulations developed a white paper titled [Minimum Criteria for Probiotics](#).
- **Brazilian guidelines on probiotic use.** ISAPP filed comments (April 3, 2018) with Brazilian regulatory authorities on their Draft of Guidelines on Procedural Instruction regarding Petition for the Evaluation of Probiotics for Use in Food.
- **Helping consumers know what's in the bottle.** Mary Ellen Sanders chairs the Expert Panel on probiotics for the United States Pharmacopeia (USP). Representing ISAPP, she works with industry and government scientists and USP staff to develop quality standards for probiotic supplements.
- **Probiotic Codex initiative in Argentina.** A symposium and Workshop with global experts (including Prof. Seppo Salminen and Mary Ellen Sanders, on behalf of ISAPP) was convened on "Probiotics, their role in health. A vision from the Southern Cone." The focus was on scientific and regulatory issues involved with developing a probiotic standard with **CODEX Alimentarius**. A Spanish-language book "[Probióticos su impacto en la nutrición y la salud. Una visión desde el Cono Sur](#)" was published as an output from the symposium.

Advancing the Science

- An outcome from the 2016 ISAPP meeting in Turku, a systemic review and meta-analysis, was published in the *European Journal of Public Health* showing the [association of probiotic consumption with reduced antibiotic prescriptions in children](#).
- **CBER meeting on probiotics.** ISAPP board members attended the meeting and wrote this summary: [FDA/NIH Public Workshop on Science and Regulation of Live Microbiome-Based Products: No headway on regulatory issues](#).
- In partnership with the British Nutrition Foundation, ISAPP published an open access review, "[Human Use of Probiotics](#)", providing an overview of probiotics in the 21st century.
- **Promoting evidence-based guidelines for prevention of AAD and *C. difficile* diarrhea in the UK.** Claire Merrifield championed development of a concise summary of the evidence for probiotics to prevent AAD and *C. difficile* diarrhea, which was submitted to UK agencies for their consideration in making recommendations. See [here](#).
- **ISAPP-affiliated webinars.** ISAPP collaborated with ILSI-Europe to produce a webinar titled "Microbial Metabolism Associated with Health" (April 12, 2018), featuring Prof. Bob Hutkins. See [here](#). On April 17, a webinar titled "Navigating the World of Probiotics: Helping Patients Make Good Choices" was offered by Medscape. This activity is eligible for CE credits and features short talks by Mary Ellen Sanders and Dan Merenstein. See [here](#).
- **ISAPP in India.** ISAPP sponsored Dan Merenstein to speak at the [Probiotics Association of India](#) meeting in New Delhi, India on Feb 16-17, 2018, with the goal of improving ISAPP's influence in expanded geographical regions. See [here](#).

Education

ISAPP's education efforts have been focused on improving outreach to consumers, healthcare providers and other stakeholders.

- See [here](#) for a summary of ISAPP's many outreach activities in 2018.
- **Educating family physicians on evidence-based probiotic use.**
 - **CME "Probiotics and the GI Tract, What Should a Busy Clinician Know"**, will be presented Oct 11, 2018, at the AAFP annual meeting. Prof. Merenstein is the faculty for this activity. (See [here](#) and search 'probiotic'.)
 - For the *Journal of Family Practice* (read by 95,000 family physicians), ISAPP authors submitted a paper, "Evidence-based probiotic use in family medicine".
 - The topic of "Probiotics for Antibiotic-Associated Diarrhea" was submitted for consideration by the **American Academy of Family Physicians**, but the request was not accepted.
 - The topic of "**Probiotics for Antibiotic-Associated Diarrhea**" was submitted for consideration by the [United States Preventive Services Task Force](#). They opted to not move forward with a recommendation.
- **Webinars.** ISAPP delivered a multitude of educational webinars this year including "[Navigating the World of Probiotics: Helping Patients Make Good Choices](#)" by Medscape; "Microbial Metabolism Associated with Health" in partnership with ILSI Europe; "Why is Everyone Talking About Gut Microbiota" by the British Nutrition Foundation; "[Probiotic and Prebiotic Definitions: Where Do We Stand?](#)" by ILSI North America.
- **Science-based information for consumers.** ISAPP developed [three new infographics in 2018](#) focusing on educating consumers on probiotics. The infographics are titled "Probiotics for Healthy People", "Probiotics: Dispelling Myths", and "Probiotic Checklist: Making a Smart Selection". Check

out ISAPP's previously developed [short videos on probiotics](#). Videos on prebiotics and fermented foods are in progress.

- **ISAPP blogs.** Blog posts, including [Probiotics and D-Lactic Acid Acidosis in Children](#), [Role of Citizen Science in Research on Fermented Foods](#), [Recommended Daily Allowance \(RDA\) for Microbes?](#) and many more were published by board members and guest writers.
- **ISAPP's monthly newsletter.** ISAPP publishes a [monthly newsletter](#), keeping subscribers current on ISAPP activities and important developments in the probiotic and prebiotic fields. Sign up [here](#).

Recent Papers from ISAPP Activities

- Merenstein DJ, Sanders ME, Tancredi DJ. Evidence-Based Probiotic Use in Family Medicine. Journal of Family Practice, In Press.
- Quigley E, Pot B, Sanders ME. ['Brain Fogginess' and D-Lactic Acidosis: Probiotics Are Not the Cause](#). Nature, Clinical and Translational Gastroenterology. Published Online September 24, 2018.
- 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](#). Eur J Pub Health, cky185, <https://doi.org/10.1093/eurpub/cky185>.
- Reid G, Kort R, Alvarez S, Bourdet- Sicard R, Benoit V, Cunningham M, Saulnier DM, van Hylckama Vlieg JET, Verstraelen H, Sybesma W. [Expanding the reach of probiotics through social enterprises](#). Beneficial Microbes, 9 (5): 707-715.
- Rezac S, Kok CR, Heermann M, Hutkins R. [Fermented Foods as a Dietary Source of Live Organisms](#). Frontiers in Microbiology. 2018 Aug 24.
- Sanders ME, Merenstein DJ, Merrifield CA, Hutkins R. [Probiotics for human use](#). Nutrition Bulletin 43(3): 212-225.
- Lebeer S, Bron PA, Marco ML, Van Pijkeren JP, O'Connell Motherway M, Hill C, Pot B, Roos S, Klaenhammer T. [Identification of probiotic effector molecules: present state and future perspectives](#). 2018. Curr Opin Biotechnol. 49:217-223.
- 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.
- 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. Pediatrics. Jan;141(1). pii: e20171811. doi: 10.1542/peds.2017-1811.

Helpful Links

[Full list of ISAPP Publications](#)

[17 years of annual meeting reports](#)

[Industry involvement in ISAPP](#)