



Bacillus clausii - The Probiotic of Choice in the Treatment of Diarrhoea

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Summary :

Probiotics are known to have a role in enhancing digestive health. In this paper, evidence for the efficacy of *Bacillus clausii*, a spore forming probiotic (viz clinical studies) in the treatment of diarrhoea, prevention of antibiotic associated diarrhoea and in the prevention of side effects associated with *Helicobacter pylori* is presented. Mechanism of action suggested is through inhibition of pathogens and immunomodulatory effects. *Bacillus clausii* is the probiotic of choice in the treatment of diarrhoea as it has the added advantage of being a spore forming probiotic. It is therefore stable at room temperature and resistant to low pH ensuring that it reaches the small intestines where it can colonize and exert its beneficial effects.
