



## Letter to the Editor

### Clinical Experience with *Lactobacillus bulgaricus* GLB44 in *Helicobacter pylori* (+) Patients

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#### Introduction

The purpose of this study is an assessment of the effect of *Lactobacillus delbrueckii* subsp. *bulgaricus* G-LB-44 in *Helicobacter pylori* (+) patients.

#### Methods

The monitoring included twenty-four patients at the average age of 45,46±13,3 years, of which 50% were women. All patients were *Helicobacter pylori* positive (+). The infection was evident by rapid urease test (RUT), fecal antigen test, a breath test, and histological examination, or by a combination of these methods. Unsuccessful eradication therapy was conducted in six of the patients in the past and the rest of them have not been treated previously. Esophagogastroduodenoscopy was performed in all patients with the following findings: 26.1% had gastroesophageal reflux disease, 65.2% - hiatal hernia, 87% - gastric changes, 4.3% - duodenal erosions, and 21.7% - active duodenal ulcer. Enrolled course conducted by administration of *Lactobacillus delbrueckii* subsp. *bulgaricus* G-LB-44 (capsules and tablets) at a daily dose of 15×10<sup>9</sup> in combination with Rabeprazole 2 × 20 mg or Pantoprazole 2 × 20 mg for seven days followed by *Lactobacillus delbrueckii* subsp. *bulgaricus* G-LB-44 individually for three days at the same dosage (15×10<sup>9</sup>). In all patients was carried out the control fecal antigen test for *Helicobacter pylori* after at least 43 days post treatment.

#### Results

In 22 patients (91.7%) the control fecal antigen test was negative for *Helicobacter pylori*. In two patients (8.3%) the control study showed persistent *Helicobacter pylori* infection. Both patients belonged to the group of previously treated patients, who have previously failed eradication with different antimicrobial drugs. The remaining four patients of the group of the previously treated patients (one of them was with autoimmune gastritis) had negative control *Helicobacter pylori* test. Patients did not manifest adverse reactions or side effects when taking *Lactobacillus delbrueckii* subsp. *bulgaricus* G-LB-44 (ProViotic®).

#### Conclusion

This preliminary human trial demonstrated a novel effective method of treating patients with *Helicobacter pylori* (+) infection without the use of antibiotics.