Management of allergic symptoms

Worldwide, the prevalence of allergic diseases is rising dramatically in both developed and developing countries. In spite of this escalation, even in the developed world, treatment options for patients with allergic diseases are far from ideal.1-3

Allergic diseases are caused by hypersensitivity of the immune system to harmful substances in the environment. Major allergic diseases include asthma, food allergies, allergic rhinitis (AR) and atopic dermatitis (AD) or eczema. Worldwide, AR currently affects between 10% and 30% of the population and studies indicate that prevalence rates are increasing. AD affects nowadays 15-30% of children and 2-10% of adults.4 Allergic diseases have a high morbidity, are responsible for a substantial proportion of health service use, and are accompanied by a severely reduced quality of life.5 It is not completely clear what triggers the dramatic increases in incidence of allergies, but many theories postulate the involvement of (Westernized) lifestyle, environment and (missing) microbes.6,7 Moreover, the World Allergy Organization and clinical studies, reveal that a reduced biodiversity and alterations in the composition of the gut and skin microbiota are associated with various inflammatory conditions including asthma and allergy.8 Thus, a potential approach to manage allergic symptoms could be the administration of specifically selected probiotic strains.

Ecologic® ALLERGCARE

Ecologic® ALLERGCARE is a multispecies probiotic formulation that has shown positive effects in the management of allergic symptoms in children (>1 yr) and adults. The bacterial strains have the capacity to:
- improve barrier function (level 2)
- influence the immune system (level 3)
Clinical evidence

Positive findings were established with Ecologic® ALLERGYCARE when tested in a in a double-blind, randomized, placebo-controlled study in children with AD.2 Forty children between 1-13 years of age received Ecologic® ALLERGYCARE or placebo twice daily for 8 weeks. Both clinical and mechanistic effects were measured at baseline and at the end of the intervention period. Ecologic® ALLERGYCARE significantly decreases the SCORing Atopic Dermatitis (SCORAD) index (p=0.005). These results are supported by the finding that total IgE levels were significantly dropped in the probiotic group, compared to the placebo group. A recent study investigated the effect of Ecologic® ALLERGYCARE on quality of life in patients with AR. In this trial, 40 patients received Ecologic® ALLERGYCARE twice daily for eight weeks. Before and after the intervention period, quality of life was determined using the rhinitis quality of life questionnaire (RQLQ). During the intervention patients also recorded allergic rhinitis symptoms and medication use. The results showed that after 8 weeks of supplementation, 63% of the patients reported a meaningful improvement (>0.7 decrease in the RQLQ) in quality of life (p=0.005). The average RQLQ score dropped from 2.83 at baseline to 1.66 at midpoint to 1.37 at week 8, see figure 4. In line with these findings, a trend towards reduction in AR symptoms and medication use was found. A publication of the study results is expected, the manuscript of the study protocol has been published in the Journal of Alternative and Complementary Medicine.10

Supplementation

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<th>Indication</th>
<th>Management of allergic symptoms</th>
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<td>Quality</td>
<td>Bacterial strains, combined with a unique Winclove technique that ensures biological activity, gastro-intestinal survival and stability of the probiotic strains.</td>
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Ingredients


Dosage

2 grams, twice daily

Application form

Powder (delivered in bulk, sachets or capsules).

Stability

Stable at room temperature.

Marketing

Exclusivity on a co-branding basis.

Health claims

Diverse approved health claims for biotin and vitamin B2.

For more information, please get in touch: +31 (0)20 435 02 35 sales@winclove.com www.winclove.com

Figure 3: Changes in the SCORAD index before and after probiotic and placebo administration.8

![Figure 3](image_url)

Figure 4: RQLQ scores over the course of application with Ecologic® ALLERGYCARE. (*=significant decrease, P=0.005.)

![Figure 4](image_url)

Safety and quality profile

All probiotic strains in Ecologic® ALLERGYCARE have the Qualified Presumption of Safety status.11 Winclove is NSF international Certified GMP Facility for manufacturing dietary supplements. Winclove’s food safety management system is ISO:22000:2005 certified for the development and production of pre-and probiotics.

References