

Prospective, multicenter randomized trial.
Patients with Crohn's disease who underwent surgery were randomised to synbiotic 1 per day.or placebo.
Synbiotic 2000 is a cocktail containing 4 probiotic species and 4 prebiotics:1010 Pediacoccus pentoseceus, 1010 L. raffinolactis, 1010 L. Paracasei susp paracasei 19, and 1010 L. plantarum 2362; the fermentable fibers: 2.5 g β -glucans, 2.5 g inulin, 2.5 g pectin,& 2.5 g resistant starch

Primary endpoints: Endoscopic and clinical relapse at 24 months.
*Interim analysis revealed no benefit of active arm so enrollment was stopped.

Results: N=30

- No differences in endoscopic and clinical relapse at 24 months.
- Enrollment was stopped due to lack of efficacy of active arm.

Conclusion:

A single dose of the synbiotic 2000 regiment was found ineffective in preventing postsurgical recurrence of CD.

Table 2 Follow-Up of Patients Treated With Either Synbiotic 2000 or Placebo

	Placebo				Active Treatment				
	0	3	12	24	0	3	12	24	
[Weight] Months mean \pm SD	64 \pm 17	67 \pm 17	76 \pm 17	76 \pm 30	65 \pm 13	68 \pm 13	72 \pm 14	71 \pm 12	NS
Patients (n)	10	8	4	2	20	18	7	8	
Erythrocyte sedimentation rate (N < 8 mm/h)	31	25	0	10	49	21	13	21	
Patients (n)	8	5	0	1	12	13	4	5	
C-reactive protein (N < 5 mg/L)	1.9	2.2	2.7	0	5.7	4.3	5.3	2.0	NS
Patients (n)	5	6	3	0	7	16	4	4	
Hemoglobin (14 < N < 18 g/dL)	11.6	12.7	14.2	13.4	11.6	12.7	13.3	12.9	NS
Patients (n)	10	8	4	2	20	19	9	8	
Albumin (3.5 < N < 5.5 g/dL)	3.2	4.0	4.2	4.4	3.3	4.0	4.1	4.0	NS
Patients (n)	10	8	2	2	19	19	8	7	
Abdominal pain ^a	<1	<1	<1	<1	<1	<1	<1	<1	NS
Patients (n)	9	7	3	3	20	19	8	7	
Bowel movements (n)	3	3	2	2	~4	~4	~4	~3	NS
Patients (n)	9	8	4	2	18	19	10	9	
Rutgreets score at 3 mos	0.8	1	0.6	1.7	NS				
Patients (n)	6	1	15	7					
Crohn's disease activity index at 3 mos	102	72	54	110	NS				
Patients (n)	7	1	15	3					

^aAbdominal pain on a 0–3 score scale.

