

LOW FAT SPREAD AS CARRIER FOR PROBIOTICS

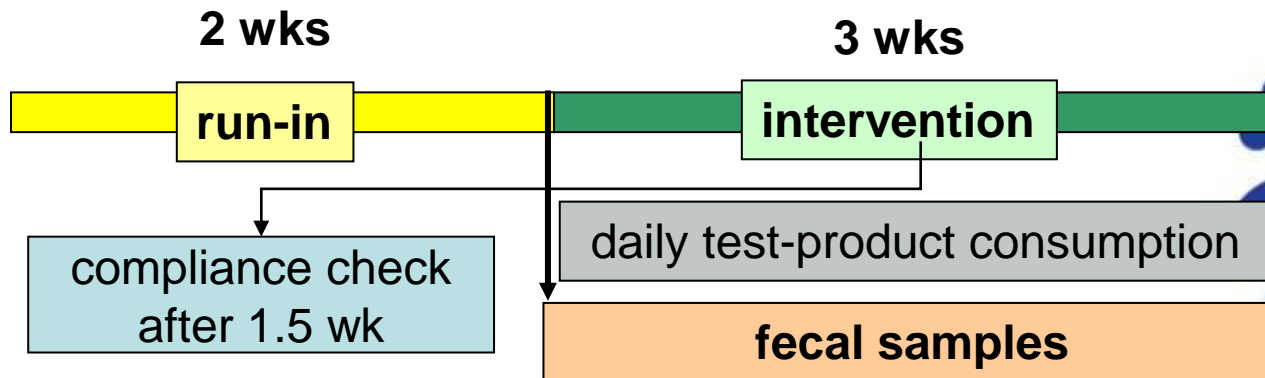
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Aim of human intervention study

→ determine suitability of a low fat spread as a carrier for *L. reuteri* DSM 17938 and *L. rhamnosus* GG



3 treatment-groups:

1. n=13; 20 gram Low Fat Spread (LFS) daily = placebo
2. n=16; 20 gram LFS + 5×10^9 CFU *L. rhamnosus* GG daily
3. n=13; 20 gram LFS + 1×10^9 CFU *L. reuteri* DSM 17938 daily

Low fat spread is a suitable carrier for both *L. rhamnosus* GG and *L. reuteri* DSM 17938.

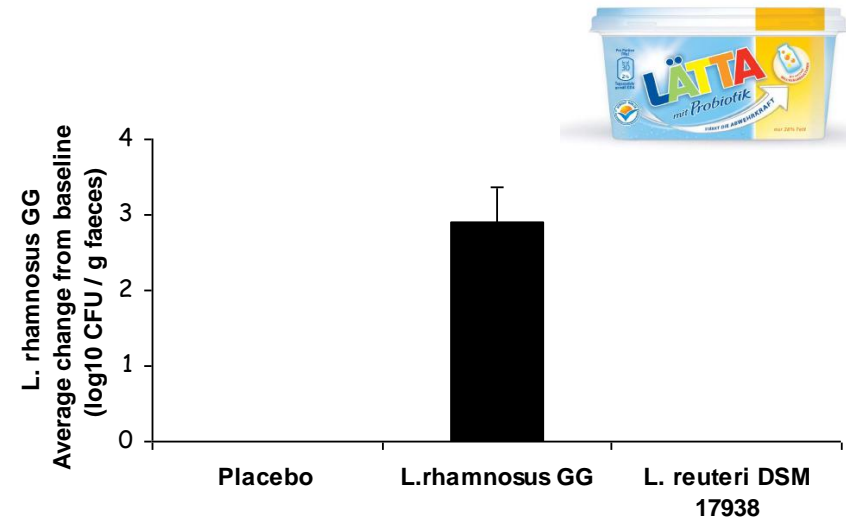
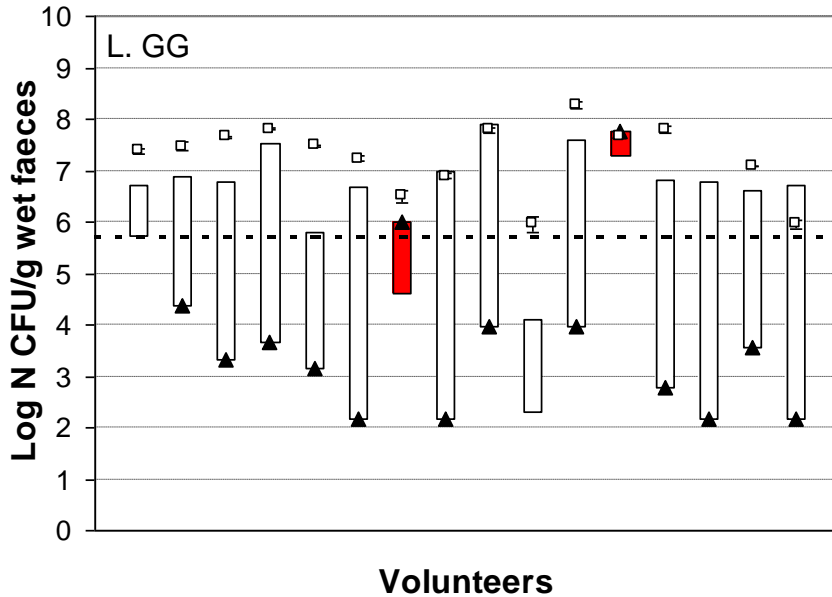


Plate counts:	Detection limits:	Real time qPCR:
White = pre-intervention	▲ pre-intervention	■ post-intervention
Color = post-intervention	◆ post-intervention	- - qPCR detection limit
□ not detected	□ increase	◻ decrease