

The tables show a full reference of the preclinical and clinical research undertaken on Bimuno®

Key:



Digestive Discomfort



Immune Function



Behaviour, Mood & Cognition



Prebiotic Effect



Travellers' Diarrhoea

Reference	Area(s)
<ul style="list-style-type: none"> Depeint F, Tzortzis G, Vulevic J, I'anson K, Gibson GR. 2008. Prebiotic evaluation of a novel galactooligosaccharide mixture produced by the enzymatic activity of Bifidobacterium bifidum NCIMB 41171, in healthy humans: a randomized, double-blind, crossover, placebo-controlled intervention study. <i>Am J Clin Nutr.</i>, 87(3):785-91. DOI: 10.1093/ajcn/87.3.785. 	
<ul style="list-style-type: none"> Drakoularakou A, Tzortzis G, Rastall RA, Gibson GR. 2010. A double-blind, placebo-controlled, randomized human study assessing the capacity of a novel galactooligosaccharide mixture in reducing travellers' diarrhoea. <i>Eur J Clin Nutr.</i>, 64(2):146-52. DOI:10.1038/ejcn.2009.120. 	
<ul style="list-style-type: none"> Grimaldi R, Gibson GR, Vulevic J, Giallourou N, Castro-Mejia JL, et al. 2018. A prebiotic intervention study in children with autism spectrum disorders (ASDs). <i>Microbiome</i>, 6(1):133. DOI:10.1186/s40168-018-0523-3. 	
<ul style="list-style-type: none"> Hasle G, Raastad R, Bjune, G, Jenum PA, Heier L. 2017. Can a galacto-oligosaccharide reduce the risk of traveller's diarrhoea? A placebo-controlled, randomized, double-blind study. <i>J Travel Med.</i>, 24(5):1-9. DOI:10.1093/jtm/tax057. 	
<ul style="list-style-type: none"> Huaman JW, Mego M, Manichanh Ch et al. 2018. Effects Of Prebiotics Vs A Diet Low In Fodmaps In Patients With Functional Gut Disorder. <i>Gastroenterology</i>, 155(4):1004-1007. DOI:10.1053/j.gastro.2018.06.045. 	
<ul style="list-style-type: none"> Kao AC, Safarikova J, Marquardt T, Mullins B, Lennox BR, Burnet PWJ. 2019. Pro-cognitive effect of a prebiotic in psychosis: A double blind placebo controlled cross-over study. <i>Schizophr Res.</i>, pii: S0920-9964(19)30085-4. DOI:10.1016/j.schres.2019.03.003. 	
<ul style="list-style-type: none"> Mego M, Manichanh C, Accarino A, Campos D, Pozuelo M, Varela E, Vulevic J, Tzortzis G, Gibson G, Guarner F, Azpiroz F. 2017. Metabolic adaptation of colonic microbiota to galactooligosaccharides: a proof-of-concept-study. <i>Aliment Pharmacol Ther.</i>, 45(5):670-680. DOI:10.1111/apt.13931. 	
<ul style="list-style-type: none"> Mego M, Accarino A, Tzortzis G, Vulevic J, Gibson G, Guarner F, Azpiroz F. 2017 in press. Colonic gas homeostasis: Mechanisms of adaptation following HOST-G904 galactooligosaccharide use in humans. <i>Neurogastroenterol Motil.</i>, DOI: 10.1111/nmo.13080. 	
<ul style="list-style-type: none"> Parker C, Hunter KA, Johnson MA, Sharpe GR, Gibson GR, Walton GE, Poveda C, Cousins B & Williams NC. 2023. Effects of 24-week prebiotic intervention on self-reported upper respiratory symptoms, gastrointestinal symptoms, and markers of immunity in elite rugby union players. <i>European Journal of Sport Science</i>, DOI:10.1080/17461391.2023.2216657. 	



Digestive Discomfort



Immune Function



Behaviour, Mood & Cognition



Prebiotic Effect



Travellers' Diarrhoea

Reference	Area(s)
<ul style="list-style-type: none"> Schmidt K, Cowen PJ, Harmer CJ, Tzortzis G, Errington S, Burnet PW. 2015. Prebiotic intake reduces the waking cortisol response and alters emotional bias in healthy volunteers. <i>Psychopharmacology (Berl.)</i>, 232(10):1793-801. DOI:10.1007/s00213-014-3810-0. 	
<ul style="list-style-type: none"> Sergeev IN, Aljutaily T, Walton G, Huarte E. 2020 Effects of Synbiotic Supplement on Human Gut Microbiota, Body Composition and Weight Loss in Obesity. <i>Nutrients</i>, 12(1). pii: E222. DOI: 10.3390/nu12010222. 	
<ul style="list-style-type: none"> Silk DB, Davis A, Vulevic J, Tzortzis G, Gibson GR. 2009. Clinical trial: the effects of a trans-galactooligosaccharide prebiotic on faecal microbiota and symptoms in irritable bowel syndrome. <i>Aliment Pharmacol Ther.</i>, 1;29(5):508-18. DOI:10.1111/j.1365-2036.2008.03911.x. 	
<ul style="list-style-type: none"> Sloan, M., Barrett, K., Nelson, S. & Tilt, L. 2023. Real-world experience from a survey of UK-based users of the prebiotic B-GOS. <i>The Digest</i>, 16(7):45-49. 	
<ul style="list-style-type: none"> Vulevic J, Drakoularakou A, Yaqoob P, Tzortzis G, Gibson GR. 2008. Modulation of the fecal microflora profile and immune function by a novel trans-galactooligosaccharide mixture (B-GOS) in healthy elderly volunteers. <i>Am J Clin Nutr.</i>, 88(5):1438-46. DOI: 10.3945/ajcn.2008.26242 	
<ul style="list-style-type: none"> Vulevic J, Juric A, Tzortzis G, Gibson GR. 2013. A mixture of trans-galactooligosaccharides reduces markers of metabolic syndrome and modulates the fecal microbiota and immune function of overweight adults. <i>J Nutr.</i>, 143(3):324-31. DOI:10.3945/jn.112.166132. 	
<ul style="list-style-type: none"> Vulevic J, Juric A, Walton GE, Claus SP, Tzortzis G, Toward RE, Gibson GR. 2015. Influence of galacto-oligosaccharide mixture (B-GOS) on gut microbiota, immune parameters and metabonomics in elderly persons. <i>Br J Nutr.</i>, 114(4):586-95. DOI:10.1017/S0007114515001889. 	
<ul style="list-style-type: none"> Vulevic J, Tzortzis G, Juric A, Gibson GR. 2018. Effect of a prebiotic galactooligosaccharide mixture (B-GOS®) on gastrointestinal symptoms in adults selected from a general population who suffer with bloating, abdominal pain, or flatulence. <i>Neurogastroenterol Motil.</i>, 30(11) 	
<ul style="list-style-type: none"> Williams NC, Johnson MA, Shaw DE, Spendlove I, Vulevic J, Sharpe GR, Hunter KA. 2016. A prebiotic galacto-oligosaccharide mixture (B-GOS) reduces severity of hyperpnea-induced bronchoconstriction and markers of airway inflammation. <i>British Journal of Nutrition</i>, 116:798-804. DOI:10.1017/S0007114516002762. 	
<ul style="list-style-type: none"> Wilson B, Rossi M, Kanno T, et al. β-Galactooligosaccharide in Conjunction With 2020. Low FODMAP Diet Improves Irritable Bowel Syndrome Symptoms but Reduces Fecal Bifidobacteria. <i>Am J Gastroenterol.</i>, 115(6):906-915. DOI:10.14309/ajg.0000000000000641. 	
<ul style="list-style-type: none"> Wilson B, Eyice Ö, Koumoutsos I, Lomer MC, Irving PM, Lindsay JO, Whelan K. 2021. Prebiotic Galactooligosaccharide Supplementation in Adults with Ulcerative Colitis: Exploring the Impact on Peripheral Blood Gene Expression, Gut Microbiota, and Clinical Symptoms. <i>Nutrients</i>, 13(10):3598. DOI: 10.3390/nu13103598. 	
<ul style="list-style-type: none"> Wilson B, Kanno T, Slater R, Rossi M, Irving PM, Lomer MC, Probert C, Mason AJ, Whelan K. 2023. Faecal and urine metabolites, but not gut microbiota, may predict response to low FODMAP diet in irritable bowel syndrome. <i>Alimentary Pharmacology & Therapeutics</i>, DOI: 10.1111/apt.17609. Epub ahead of print. PMID: 37313992. 	