

Lallemand's prenatal probiotic study shows promising results for maternal and infant health

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The Rosell Institute for Microbiome and Probiotics by Lallemand, in collaboration with Clinique ovo, has announced the publication of a landmark study titled “The Effect of Probiotics on Health in Pregnancy and Infants: A Randomised, Double-Blind, Placebo-Controlled Trial” in the peer-reviewed journal *Nutrients*. The study offers compelling evidence on the safety and efficacy of prenatal probiotic supplementation with Prenatis, a proprietary formulation developed by Lallemand Health Solutions.

“This research is innovative,” said Sylvie Binda, Vice-President of Research and Development at Lallemand Health Solutions and co-author of the study. “We worked closely with experts to deepen our understanding of vertical microbial transfer and its role in establishing a healthy infant microbiome. The results are a significant step forward in women’s health.”

The trial involved 180 healthy women in their third trimester of pregnancy who received Prenatis comprising *Lactobacillus rhamnosus* Rosell-11 and *Bifidobacterium bifidum* HA-132, daily for 12 weeks before delivery and an additional 4 to 6 weeks postpartum. Researchers monitored both mothers and infants up to one year after birth.

Key findings from the study include:

A significant reduction in infections during late pregnancy among women who took Prenatis.

A trend toward reduced bacterial vaginosis, one of the most common infections associated with microflora imbalances during pregnancy.

In infants, especially those delivered by C-section, a reduction in sick days and positive effects on gut microbiome development.

Enhanced colonisation of beneficial bacteria in exclusively breastfed babies, regardless of delivery method.

Prenatis can be combined with key nutrients such as folic acid and is offered in user-friendly formats, including sachets, capsules, and orodispersible powders, ensuring convenience for expectant mothers.

Marie-Laure Oula, Director of Clinical Operations at Lallemand, noted: “This study is the culmination of years of collaboration with clinical experts in women's health, paediatrics, and microbiome research. It’s one of the largest mother-infant dyad studies ever conducted.”

Dr. Jacques Kadoch, Medical Director and co-founder of Clinique Ovo, emphasised the broader implications: “This is a major scientific milestone that brings encouraging news for pregnant women seeking natural, safe support for both their health and that of their babies.”

The study marks a significant advancement in the field of maternal and infant microbiome science, offering promising new avenues for probiotic-based health support before and after birth.