

## Scientists have found that some probiotics contribute to the development of infections

The results of a recent study on mice showed that probiotics are not always useful for the intestines. And this applies to at least one type of bacteria.

According to the results of a new work published in MBIO, a single dose of bacteria *Lactobacillus acidophilus* (often they are found in milk and yogurt) can facilitate the penetration of *Clostridioides difficile* into the intestines of mice that recently received a course of antibiotics. On the other hand, the *Lactobacillus Gasseri* LG-36 strain helped to resist the infection of *C. Difficile*. This pathogen can cause a heavy, and sometimes life-threatening diarrhea after taking antibiotics.



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*L. Gasseri* LG-36 also contributed to the growth of bacteria of the *Muribaculaceae* family. These effects were preserved for a long time after *L. Gasseri* LG-36 fell into the intestines of mice.

At the same time, scientists note that the results obtained on rodents can be not applicable to a person. Types and strains indicated on the labels can behave differently depending on the state of human health, the composition of bacteria in probiotics, microbes that are in the body.

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