

SYNTOL CLINICAL DATA

ENZYME	PUBLICATION	SUBJECTS	INTERVENTION	DURATION	ENDPOINTS	RESULTS
Syntol	n/a	in vitro	n/a	4 hours	Candida albicans growth	Candida was plated and grown in physiological conditions with and without Syntol. The growth of Candida with Syntol was 75% less than Candida alone.
Syntol	n/a	in vitro	n/a	30 minutes	Candida albicans growth	Candida plated along with Syntol and grown on physiological conditions resulted in zones of inhibition, meaning that Candida was unable to colonize in certain areas of the growth medium. This did not occur on plates in which Candida was grown without the presence of Syntol. This led to a second set of testing.
Syntol	n/a	in vitro	n/a	3 days	Candida albicans growth	Syntol was plated and allowed to grow for 6 hours. Candida was subsequently swabbed and incubated for 72 hours. A large zone of inhibition was observed on the plate. It is assumed based on these results that Syntol is an effective deterrent of candida growth when already established within the gut.
Syntol	Bajon 2013	9	6-12 capsules daily	45 days	Gastrointestinal distress and symptoms related to candida	Patients reported back that gastrointestinal symptoms improved. Patients also reported back improvements in sleep patterns, mood and food cravings.
B. subtilis	Townsend et al 2017	23	5 billion cfu/day	10 weeks	Body composition and performance	The experimental group had a clinically significant decrease in body fat percentage and possibly beneficial result for deadlifting (performance variable).
B. subtilis	Labellarte et al 2014	41	5 billion cfu/day	20 days	Safety and efficacy	The experimental group had a clinically significant decrease in fasted serum glucose and significant differences in microbe colonization were present in fecal testing.
Lactobacillus cocktail	Agarwal et al 2002	150	fermented milk	not specified	Diarrhea in children	The fermented milk containing L casei showed a significant reduction in the duration of episodes of diarrhea in children.

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Lactobacillus cocktail	Song et al 2010	172	2 billion cfu/day	14 days	Diarrhea after antibiotic treatment	The incidence of diarrhea after treatment though reduced was not clinically significant vs placebo, though the experimental group maintained bowel habits to a greater extent than the placebo group.
Probiotic cocktail	Ringel et al 2011	60	200 billion cfu/day	8 weeks	Relief from GI symptoms	The investigational product was shown to reduce incidences of bloating as well as bloating severity in the patient population.
L. acidophilus	Pakdaman et al 2016	22	10 billion cfu/day	4 weeks	Subjective assessment of symptoms from a lactose challenge	The investigational product was shown to significantly improve abdominal symptom scores compared to placebo during acute lactose intake.
B. bifidum	Guglielmetti et al 2011	122	unspecified dosage once daily	4 weeks	Assessment of digestive symptoms and quality of life	The investigational product demonstrated a significant gain in quality of life scores vs placebo. The symptoms tested were also significantly reduced vs placebo.