Abstract
Introduction: Many reports in literature have underlined particular features of Lactobacillus paracasei subsp paracasei F19, however a critical review of main clinical outcomes has not been performed so far. Objectives: This review summarizes the most relevant reports, in terms of clinical benefits, of Lactobacillus paracasei subsp paracasei F19 administration reviewing it’s historical background and outlining new interesting perspectives in clinical practice. Methods: We searched Pubmed/Medline using the terms “Lactobacillus paracasei subsp paracasei F19”. All clinical and experimental articles on the use of Lactobacillus paracasei subsp paracasei F19 were included. Results and discussion: The genetic stability of F19, the most relevant clinical claim, renders it’s administration reliable and effective in immunocompromised people. Adequate concentrations of this strain support a dose/effect strategy ranging between NF B host macro - phage activation to pathogenic bacteria overgrowth control as well as to fine interaction with the gut nerve endings. Moreover preliminary results from our lab support the formulation of F19 encapsulated with lyophilized HA in patients with IBD due to both an increased mucous-strain adherence and a possible enhanced strain proliferation and maintenance. Conclusions: Further experiments are required to overcome the lack of informations about this new formulation for IBD management.

Keywords
Lactobacillus paracasei subsp paracasei F19, Lactic acid bacteria, Probiotic.