Abstract

Introduction: Ageing induces changes in gut microbiota that may affect the quality of life. In this work we analyze the effect of Lactobacillus plantarum CECT 7315/7316 on the regulation of intestinal transit and on nutritional status. Methods: We carried out a double-blind, randomized and controlled by placebo clinical trial. We evaluated the evolution of the weekly defecation frequency and blood levels of total proteins, albumin, cholesterol and reactive C-protein. Results: Lactobacillus plantarum CECT 7315/7316 helps to regulate intestinal transit and improves the nutritional status in elderly. Conclusions: Consumption of functional foods containing L. plantarum CECT 7315/7316 improves the quality of life in elderly subjects.

Keywords

Probiotic, Lactobacillus plantarum CECT 7315/7316, Health, Nutritional Status, Intestinal transit, Elderly.