



Effect of Supplementation of *Bacillus coagulans* Unique IS-2 on Hypercholesterolemia Subjects: A Clinical Study

Sudha MR, Radkar N, Maurya A. Effect of supplementation of probiotic *Bacillus coagulans* Unique IS-2 (ATCC PAT-11748) on hypercholesterolemic subjects: a clinical study. *International Journal of Probiotics & Prebiotics*. 2011 May 1;6(2):89.

Summary:

The objective of this study was to evaluate the effect due to consumption of capsule containing *Bacillus coagulans* Unique IS-2 (ATCC PAT-11748), on serum lipids for 60 days. Thirty hyperlipidemic (Having serum cholesterol levels of more than 200mg/dl) subjects were divided into 3 groups (n=10). Two group subjects were allotted to receive a daily dose of two capsules of probiotic *Bacillus coagulans* Unique IS2 (10X10⁹ CFU/capsule (Group A) and 20X10⁹ CFU/capsule (Group B)) and third group subjects were received standard medication. Serum lipid profile was done at 0, 30 and 60th day of the study period. At the end of study, group B subjects exhibited slight reduction in total cholesterol (11%) and LDL (0.8%), whereas an increase in HDL cholesterol levels (3.6%). This data suggest that the strain *Bacillus coagulans* IS-2 has the potential of control in the serum cholesterol in humans suffering with hyperlipidemia.
