

Changes in the bacteria composition of saliva sample after the consumption of a probiotic product against common colds

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Introduction

This study revealed that the probiotic product used in this experiment had no significant effect on common colds.

Main Text

The trial was designed as a randomized controlled clinical trial by analyzing 80 DNA samples from the saliva of the test subjects using NGS technology. It was found that the probiotic products used in the trial did not have a significant effect on the common cold. And there was no significant difference observed in Alpha and Beta diversity between the probiotic and control groups. It was indicated that the probiotic product used in this experiment might not have an effect on the composition and structure of oral microbiome. An interested result was found that there was no substantial difference observed in the relative abundance of bacteria microbiota between the probiotic and control groups.

The experiment was designed to address several questions and needs by addressing the following.

- Whether probiotic products reduced the duration and number of episodes of the common cold
- Whether the intake of probiotic products had a significant effect on the oral microbiome
- Give more evidence and conclusions about the effect of probiotics on colds

Through the analysis of NGS technology, these questions and needs were addressed and provide more evidence and information for future studies of probiotics on colds, particularly the effect of probiotic products on the bacterial composition of saliva in relation to common colds.

There were also some limitations in this study.

- Short duration of the probiotic product intake
- The probiotic product chosen was mixed strains and not specific strain.
- This study did not investigate which specific probiotic strains had an effect on the common cold.