Efficacy and safety of *Saccharomyces boulardii* in the treatment of acute gastroenteritis in the paediatric population: a systematic review

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Context: Gastroenteritis (GE) remains the second major cause of death in the most vulnerable of the world’s populations. Potential treatments include the use of probiotics, with the yeast *Saccharomyces boulardii* being one such option.

Objectives: The primary objective was to assess the efficacy and safety of *Saccharomyces boulardii* in the treatment of acute GE in the paediatric population.

Method: Major electronic databases were searched from April 2014 to January 2015. Additional literature was obtained through hand-searching and reviewing of reference lists of articles and other systematic reviews. Randomised controlled trials (RCTs) in a hospital setting, involving participants <16 years were used as the data source. Two reviewers independently screened studies for eligibility, assessed study quality and performed data extraction. Review Manager 5 was used to analyse data and a random-effects model of meta-analysis was applied owing to heterogeneity.

Results: Ten of 190 articles were selected for final inclusion. A meta-analysis of five of the included studies showed that *Saccharomyces boulardii* compared with the control significantly shortened the duration of diarrhoea (in days) (MD –0.57, 95% CI –0.83 to –0.30, p < 0.0001), but there was no difference between groups regarding time to achieving formed stools. No adverse effects were reported. The GRADE tool assessed overall methodological quality as moderate.

Conclusion: *Saccharomyces boulardii* showed a potential benefit in treating acute GE in the paediatric patient. A dose of 250 mg 1–2 times per day for up to 5 days showed some benefit and appears safe. Larger, rigorous RCTs are needed to investigate the efficacy and safety of *Saccharomyces boulardii* in order to offer specific treatment guidelines.

Trial registration: CRD42014009913.

Keywords: gastroenteritis, paediatric, randomised controlled trial, *Saccharomyces boulardii*

Introduction

Despite being a symptom known to be preventable and treatable, gastroenteritis (GE) contributes 5–10% of the total deaths in the under-five age group. The World Health Organization (WHO) defines diarrhoea/GE as ‘the passage of three or more loose/liquid stools per day, or more frequent passage than is normal for the individual’. The consistency of stools, and not so much the number, is also important in diagnosing GE. GE infections may be caused by one of three organisms, i.e. bacterial, viral or parasitic, with rotavirus found to be responsible for 215 000 child deaths globally during 2013. Approaches to curbing the impact of rotavirus-causing GE have been implemented and with some degree of success, i.e. increasing the number of vulnerable individuals who receive the rotavirus vaccine, increased protection against contracting GE-causing infections by encouraging mothers to breastfeed, improving accessibility to clean water supplies and educating populations about the importance of hygiene.

The bacteria that are found in the gastrointestinal tract are a complex ecosystem and able to coexist with the host, as long as a state of balance is maintained. However, during disruptions in this balanced state, clinical disorders and disease can result. Gastrointestinal disorders, one of which being all forms of GE, can result in an imbalance, with the goal of treatment being reinstating balance to the gut bacteria’s ecosystem.

Probiotics have been identified as a possible treatment modality to restore beneficial gastrointestinal bacteria to their original balanced state. The efficacy of these microorganisms is known to be strain-specific, making it important for them to be defined by their genus, species and strain. Research has shown that the human gastrointestinal tract contains a heterogenous mix of bacteria, of which < 0.1% is yeast.

*Saccharomyces cerevisiae* variety *boulardii*, more commonly referred to as *Saccharomyces boulardii*, is a non-pathogenic yeast that is suitable for human consumption, having been used in the treatment of inflammatory bowel disorders and several types of GE. *Saccharomyces boulardii*’s action is threefold, i.e. luminal, trophic on intestinal mucosa and regulatory on the immune system. The site of action for *Saccharomyces boulardii* is most commonly the colon and the yeast probiotic has been shown to survive passage to its target organ. Most of the *Saccharomyces* strains have been shown to work optimally at temperatures between 22 °C and 30 °C; *Saccharomyces boulardii*, however, is able to survive temperatures of up to 37 °C, and therefore able to survive human body temperatures. *Saccharomyces boulardii* in a yophilised form is able to survive gastric acid and bile. Stool sampling tests have shown that levels of *Saccharomyces boulardii* can be 100 to 1 000 times lower than the oral dose offered, indicating that much of the oral dose is destroyed, but surviving doses have been found to be effective. It is naturally resistant to antibiotics and proteolysis and able to survive in the competitive milieu of the intestinal tract. In human subjects, the concentration in the colon was found to be dose-dependent. When *Saccharomyces boulardii* was given to healthy subjects at doses...
used therapeutically (1 to 2 x 10⁹/d), colonic levels were found to be 2 x 10⁹/gram stool. Furthermore, when offered orally, *Saccharomyces boulardii* was able to achieve steady-state concentrations within 3 days and was only cleared within 3–24 h after it had been discontinued. It has also demonstrated an ability to coexist and thrive in the presence of other agents, e.g. psyllium fibre increased *Saccharomyces boulardii* levels by 22%.²⁵–²⁷

Probiotics (multiple single strains) with potentially multiple mechanisms of action¹⁴ were found to reduce the associated risk of acute GE (AGE) in children, with the effect dependent on the age of the host and the genera of the strain used.²⁶ *Saccharomyces boulardii* specifically was shown to result in quicker GE resolution than that displayed by control groups.²³ This yeast probiotic has the potential to be the sole or adjunct treatment in treating AGE, but, owing to research bias and confounding in documented studies, it remains difficult to develop guidelines on its role in managing AGE. As a result, our aim is to provide a systematic review of published studies, specifically assessing the efficacy and safety of *Saccharomyces boulardii* in the treatment of AGE in the paediatric population.

**Methods**

This project is registered with the Prospective Register of Ongoing Systematic Reviews (PROSPERO), trial registration number CRD42014009913.

**Information sources and searches**

A comprehensive literature search of the following electronic databases was conducted: Medline (accessed via PubMed); EBSIC host, including Academic Search Premier, Cumulative Index to Nursing and Allied Health Literature (CINAHL), Africa Wide and CAB Abstracts; Cochrane Library, which includes the Cochrane Databases of Systematic Reviews (CDSR, Cochrane Reviews), Cochrane Central Register of Controlled Trials (CENTRAL; Clinical Trials), Databases of Abstracts of Reviews of Effects (DARE, Other Reviews); ISWeb of Knowledge – Web of Science; Scopus (abstract and citation database of peer-reviewed literature); ProQuest Medical Library; Science Direct; and SABINET (South African Bibliographic Information Network). Additional literature was obtained through hand-searching and reviewing of reference lists of articles and other systematic reviews.

The final search string used was: (probiotic OR *Saccharomyces boulardii* AND (diarrhoea* OR gastroent*) AND (clinical trial* OR randomized control trial* OR random allocation OR placebo* OR random research OR comparative OR evaluation study*) OR follow up OR prospective* OR control* OR volunteer* OR single mask* OR double mask* OR treble mask* OR triple* mask* OR double mask* OR treble mask* OR triple* mask* OR single-blind OR double-blind OR treble blind OR triple* blind). The only limits applied whilst using this search string were human and child (birth to 18 years), and therefore foreign-language articles were included. This search string was applied across all databases mentioned above, with all searches completed up to January 27, 2015.

**Inclusion criteria**

Only randomised controlled trials (RCTs) involving human participants and investigating the efficacy and safety of *Saccharomyces boulardii* were considered. Trials were included regardless of the lack of blinding or placebo treatment. All other study designs were excluded. Infants and paediatric patients, aged between 0 and 16 years, had to be admitted to a hospital setting with a diagnosis of AGE (≥ 3 unformed stools in the last 24 h and of ≤ 48 h duration). Studies including patients with the following characteristics were excluded: chronic illnesses, under-nutrition, severe dehydration, known allergies, recent history of use of one or a combination of probiotics, antibiotics and anti-diarrhoea medication. Only studies using *Saccharomyces boulardii* as the intervention were included. Any study in which the *Saccharomyces boulardii* intervention was confounded by another intervention and without a proper control was excluded. Use of other strains of *Saccharomyces* (as the intervention) was not included.

**Outcomes**

The interventions and outcome measures were identified by the authors based on clinical relevance (see Table 1) with modifiers and confounders decided a priori.

**Data collection and extraction**

Preliminary screening was conducted by one reviewer (MP) and articles that were clearly non-relevant to the current systematic review were filtered out of the search pool (e.g. non RCTs; multi-species trials, studies not related to AGE). Pre-piloted study eligibility forms were then used by each of the two identified reviewers (MP and EV), article titles and abstracts were screened, consensus was obtained for all articles and clearly non-relevant articles were removed. Thereafter, a pre-piloted standardised data extraction form was used by each of the two reviewers (MP and EV) to independently extract data from the full text articles used in this systematic review. Any disagreements were resolved by discussion between the two reviewers (MP and EV), with assistance from the rest of the author team as necessary. All excluded studies were listed, each with reasons for exclusion.

**Risk-of-bias assessment**

The domains of the methodology assessed were sequence generation, allocation concealment, blinding, incomplete outcome data, selective outcome reporting and other potential sources to affect validity.²²–²⁴ Assessment was done using the

**Table 1: Outcome measures and modifiers/confounders**

| Primary outcomes | Outcome measures | Secondary outcomes | Confounders |
|------------------|------------------|--------------------|-------------|
|                  | Duration of diarrhoea in days | Duration of hospital stay in days | Active ingredients offered concurrently with the intervention (e.g. antibiotics) |
|                  | Mean number of stools passed per day |                      | The intervention being offered as part of a cocktail of treatment |
|                  | Mean number of episodes of diarrhoea at follow up |                      | Differences in dosages offered and method of administration |
|                  | Frequency of diarrhoea at start, mid-point, end of intervention |                      | |
|                  | Stool frequency |                      | |
|                  | Changes in stool consistency post intervention |                      | |


Cochrane risk-of-bias assessment tool, where the judgement of 'yes' was indicative of low risk of bias, 'no' was indicative of high risk of bias, and 'unclear' was indicative of uncertain risk of bias.22–24 This was done by two independent reviewers (MP and EV) and disagreements between each of the reviewers' judgements were resolved by discussion, with assistance from the rest of the author team as necessary.

**Grading the body of evidence**

The Grades of Recommendations, Assessment, Development and Evaluation (GRADE) system for rating overall quality of evidence for the most relevant outcomes was applied.22–24 The quality of evidence was further categorised as either high (confident that the true effect lies close to that of the estimated effect), moderate (moderately confident in the effect estimate), low (confidence in the effect estimate is limited) and very low (very little confidence in the effect estimate).22–24

**Statistical analysis**

All dichotomous data resulted in the following information being extracted from each treatment group: the number of participants with the event and the total number of participants. Risk ratios (RRs) were calculated for all dichotomous data. All continuous data resulted in the following information being extracted from each treatment group: the arithmetic mean, standard deviation (SD) and number of participants. The SD was calculated using the 95% confidence interval (CI) and mean differences (MDs) were calculated for continuous data where applicable. Assessment of heterogeneity was achieved through visual inspection of forest plots.22,23 CIs were assessed and considered to have statistical heterogeneity if there was poor overlap of the results of individual studies. A chi-square test for heterogeneity (significance level p < 0.1) was conducted and the I² statistic calculated.

Funnel plots are usually used to explore the possibility of small-study bias.22,23 Tests for funnel plot asymmetry should only be used when there are at least 10 studies included in a meta-analysis, as fewer studies would result in the power of the tests being too low to identify chance versus real asymmetry.22,23 Since a meta-analysis of 10 or more studies was not undertaken in this systematic review, funnel plots were not used to assess publication bias.

**Results**

Ten studies25–34 met the inclusion criteria and were included in this systematic review (see Figure 1). The 10 included studies25–34 were published between 2006 and 2013. Important information concerning these studies can be found in Table 2. A total of 1 401 participants were included from the combined 10 studies, with the smallest study25 involving 27 participants and the largest study31 involving 480 participants. Included studies were conducted in a hospital setting, but in multiple global locations, i.e. one in Pakistan,27 two in India,28,33 one in Brazil,29 one in Myanmar34 and five in different hospitals within Turkey.25,26,30,31,33

All 10 included studies adopted a study design that included both an intervention and control/placebo group, being monitored in parallel. The intervention arm consisted of ≥ 1 intervention, but with Saccharomyces boulardii always being used as an independent intervention. Across all 10 studies, Saccharomyces boulardii was used at a dose ranging from 200 mg29 to 250 mg25,27,28,30–34 with only one study28 offering the yeast probiotic at a slightly higher dose of 282.5 mg. In terms of frequency of treatment, 50% of studies offered the intervention dose once per day,26,27,29,31,33 and 50% offered the intervention dose twice per day.25,27,30,32,34

Most studies25,28,29,31–34 considered the first five days as the 'active' treatment days, with one study27 using six days as the active treatment days. Only one study26 required the intervention to be implemented over a seven-day period. One study29 did not specify the minimum 'active' treatment phase but provided information on the mean duration time of GE in all study groups of (5.9 ± 2.0) days. Of all the included studies, only one27 followed participants for two months post discharge to assess incidence of GE episodes post intervention.

Not all included studies indicated or implemented the use of a placebo in their study designs, i.e. six studies25–28,31,34 did not describe or make use of a placebo, whilst the remaining four studies29,30,32,33 mentioned/described the placebo treatment used.

The four studies that described use of a placebo did so in different ways, i.e. one study29 offered both the intervention and an identical-looking placebo diluted in water or juice (as advised by the manufacturer); one study30 offered both the intervention and placebo dissolved in water; one study31 offered both the intervention and placebo in identical packets mixed with puffed rice powder; and one study32 offered both the intervention and placebo in capsule form, prepared by a faculty pharmacy.

**Methodological quality**

Random sequence generation was found to be adequate in 4 of the 10 studies.25,28,31,34 No studies were found to be at high risk of bias in this domain. Adequate allocation concealment was achieved in 2 of the 10 studies,29,32 with 2 studies25,27 classified as high risk of bias. The blinding of participants and personnel was found to be adequate in 4 of the 10 studies.29,30,32,33 Three studies25,26,34 posed a high risk to blinding practices and the remaining three studies27,28,31 did not provide enough details to be totally clear about bias infringements in this domain.

In total, 50% of the studies25,27,30,31,32,34 did not clearly indicate how blinding of outcome assessment was guaranteed. The remaining studies consisted of only one study28 that did not provide for adequate blinding of this domain and four studies25,28,29,31 achieving adequate blinding. Six studies25,27,29,30,31,32 provided enough information to be considered to have adequate prevention of attrition bias. Only eight studies25–29,32–34 clearly reported on all outcomes initially mentioned.

Sources of funding could possibly play a role as a potential source of bias: two of the included studies27,30 were funded and supported by pharmaceutical companies, with one study27 declaring no conflict of interest in relation to the study. One study26 acknowledged receiving financial support from a university affiliated with the hospital where the study was conducted. Another study29 reported support from a government council involved with scientific and technological development. Some 50% of the included studies25,27,30,31–33 did not disclose any information about source of funding or financial support received. However, one of these studies27 made a simple declaration that no conflict of interest and no funding were received for the study. The one remaining study28 was the only study where authors commented that it was completed with a very limited budget owing to there being no involvement of the company commercialising the yeast probiotic that was used in the interventional arm. Other areas of bias did not appear to be a
Summary of main results

Primary outcomes: All of the included studies investigated the efficacy of *Saccharomyces boulardii* on GE caused by rotavirus but reported their findings in somewhat different ways. Seven studies reported duration of diarrhoea (in days), whilst one study reported the outcome as recovery from loose motions. Five studies were pooled in a random effects meta-analysis which showed that *Saccharomyces boulardii* significantly shortened the duration of diarrhoea (in days), compared with the control or placebo group (MD –0.57; 95% CI –0.83 to –0.30; n = 548 children; five studies). Furthermore, there was concern in eight of the included studies and was considered adequate (see Figure 2).

GRADE assessment

GRADEpro software (http://www.gradepro.org) was used to assess overall methodological quality as follows: duration of diarrhoea (rated moderate); mean number of stools per day (only one study of low quality); frequency of diarrhoea (one study but of high quality); number having <3 stools per day (one study of moderate quality); and duration of hospital stay (two studies with evidence rated as low). A summary of findings table was generated (see Table 3).

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**Figure 1:** PRISMA study flow diagram.

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Records identified through database searching (n = 190) → Total records retrieved (n = 190) → Duplicates removed (n = 10) → Additional records identified through other sources (n = 0) →

Records screened (n = 180) → Records excluded (n = 68) →

Wrong design/setting (13); wrong population (4); other active treatments (8); non-acute-GE (27); non-Rotavirus cause (16) →

Records considered for inclusion (n = 112) →

Records excluded (n = 7) →

Inaccessible foreign language studies (7) →

Full-text articles assessed for eligibility1 (n = 41) →

Full-text articles assessed for eligibility2 (n = 34) →

Full-text articles assessed for eligibility3 (n = 25) →

Full-text articles assessed in systematic review (n = 10) →

Full-text articles included in the quantitative synthesis (meta-analysis) (n = 5)
| Study / Authors | Methods | Participants (n) | Intervention | Control | Sequence generation | Allocation concealment | Outcomes |
|----------------|---------|-----------------|--------------|---------|---------------------|----------------------|----------|
| **Billoo et al. (2006)** | RCT; 5-day active treatment phase | 100 children; 2 months to 12 years; intervention group (50); control group (50) | Sb, 250 mg twice per day x 5 days, WHO-CDD protocol | WHO-CDD protocol only | Only a comment made that ‘100 children were randomised into two groups’ | S. boulardii was dissolved in water or semi-solid food, but the control group received nothing but should have ideally received a placebo powder | Duration of diarrhoea, mean number of stools per day, number of episodes of diarrhoea, percentage weight gain |
| **Burande (2013)** | Prospective, parallel, single-blinded RCT | 72 participants; Intervention group (35); Control group (35) | Sb, 250 mg x 2 daily for 5 days, ORS and zinc | ORS and zinc supplement only | Patients were assigned a study number corresponding to their entry in the trial. They were randomised by simple randomisation with the help of computer-generated random numbers | As per the allocation, drugs were prescribed to the patients by the paediatrician. It is not clear if parents were aware of the different treatment groups | Days to recovery from loose motions; days to recovery from vomiting |
| **Corrêa et al. (2011)** | Double-blinded, placebo-controlled, parallel-group RCT | 186 participants; 6–48 months; intervention (90); control (86) | Sb, 200 mg x 2 daily for 5 days | Placebo offered x 2 daily for 5 days | No information on the randomisation of participants into 2 groups | The capsules were randomly coded by computer-generated numbers and distributed to the attending staff | Clinical cure of diarrhoea; frequency of diarrhoea during the first 3 days after start of intervention; frequency of diarrhoea 3 days after start of intervention for patients presenting/not presenting with rotavirus |
| **Dalgic et al. (2011)** | Prospective, single-blinded RCT | 480 participants; 1–28 months; 8 groups consisting of 60 participants each | • Group 1 (Sb, 250 mg/d x 5 days); • Group 2 (zinc acetate x 20 mg/d); • Group 3 (lactose-free formula offered as required); • Group 4 (Sb, 250 mg/d + zinc acetate x 20 mg/d) x 5 days; • Group 5 (Sb, 250 mg/d + lactose-free formula as required) x 5 days; • Group 6 (zinc acetate 20 mg/d + lactose-free formula) x 5 days; • Group 7 (Sb + zinc acetate x 20 mg/d + lactose-free formula) x 5 days; • Group 8 (only oral and/or parenteral rehydration solutions) | The patients were randomly assigned from a computerised admissions list to one of the eight different treatment groups described | No information about allocation concealment from participants, caregivers and researchers was achieved | Duration of diarrhoea; duration of hospitalisation; time to resolution of vomiting; Time to resolution of fever |
| **Erdogan et al. (2012)** | Prospective RCT | 75 participants; 5 months to 5 years; intervention 1 (25); intervention 2 (25); control (5) | • Group 1 (ORS, normal diet, 282.5 mg/d Sb); • Group 2 (ORS, normal diet, 30 mg/d Bifidus lactis) | Group 3 (ORS, rapid refeeding with a normal diet) | A comment with no supporting details was made that participants were divided into 3 groups of 25 | No details given on attempts made to conceal allocation. Control group was not offered a placebo and therefore no blinding | Duration time of diarrhoea; vomiting episodes at follow up |

(Continued)
| Study / Authors    | Methods                                         | Participants (n)                      | Intervention                                                                                                                                      | Control                                                                 | Sequence generation | Allocation concealment | Outcomes                                                                 |
|-------------------|------------------------------------------------|--------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|---------------------|------------------------|------------------------------------------------------------------------|
| Eren et al. (2010) | Randomised, prospective open-label study       | 55 participants; children aged 5 months to 16 years; intervention 1 (28); intervention 2 (27) | • Group 1 (Sb: 250 mg x 2 daily if >/= 2 years or 125 mg x 2 daily if < 2 years); • Group 2 (Yoghurt fluid containing Lactobacillus bulgaricus and S. thermophiles, 10⁷ microorganisms/100 ml; 30 ml x 2 daily if >/= 2 years or 15 ml x 2 daily if < 2 years) | Patients were randomised according to their patient ID number and enrolled in 2 groups. Patients with an odd ID number composed group A and those with an even ID number composed group B | The two interventions differed visibly | Duration of diarrhoea; resolution of diarrhoea at days 3 and 5; days of hospitalisation; duration of vomiting; cost-effectiveness of both interventions |
| Htwe et al. (2008) | Prospective RCT                                 | 100 participants; children aged 3 months to 10 years; intervention (50); control (50) | Group 2 (Sb 250 mg x 2 daily; standard ORS to manage watery AGE, as per WHO guidelines x 5 days)                                             | Group 1 (standard ORS to manage watery AGE, as per WHO guidelines x 5 days) | No details given regarding allocation concealment | Duration of diarrhoea; stool frequency per day |
| Kurugol et al. (2005) | RCT, placebo-controlled                        | 200 participants; aged 3 months to 7 years; intervention (100); control (100) | Group 1 (Sb 250 mg per day x 5 days)                                                                                                         | Group 2 (identical looking placebo diluted in water or juice x 5 days) | A general statement that patients were randomly allocated to treatment groups was made but no further information on how this was done is provided | No information given about allocation concealment | Duration of diarrhoea; duration of fever; duration of vomiting; length of hospital stay |
| Ozkan et al. (2007) | Double-blinded, placebo-controlled RCT         | 27 participants; aged 6 months to 10 years; intervention (16); control (11) | Group 1 (Sb 250 mg x 2 daily x 7 days)                                                                                                        | Group 2 (identical placebo x 2 daily x 7 days) | A general statement was made that patients were randomly allocated to one of two treatment groups, but no further details on how this was done is described | No details on how allocation concealment was guaranteed are provided | Daily stool frequency |
| Riaz et al. (2012) | Double-blinded RCT                             | 108 participants; aged 3 months to 59 months; intervention (54); control (54) | Group 1 (Sb mixed with puffed rice powder, 250 mg x 2 daily x 5 days)                                                                         | Group 2 (placebo mixed with puffed rice powders, 2 daily x 5 days)       | A general comment with no further detail is given stating that after informed consent was obtained, the participants were randomly given either a placebo or intervention | A non-departmental colleague not involved in the study randomised these identical packets of placebo or S. boulardii | Duration of post-intervention diarrhoea (time form enrolment to recovery); frequency of stools; time of first semi-formed stool |

Notes: RCT: randomized controlled trial; Sb: Saccharomyces boulardii; WHO-CDD: World Health Organization Diarrheal Disease Control Programme; ORS: oral rehydration solution; S. thermophiles: Streptococcus thermophiles; AGE: acute gastroenteritis; WHO: World Health Organization.
was no significant heterogeneity detected between the trials (tau² = 0.00; chi² = 1.57; df = 4; p = 0.81; I² = 0%) (see Figure 3).

Although two studies reported the mean duration of diarrhoea without the corresponding SDs, and therefore could not be included in the above meta-analysis, the study authors reported that *Saccharomyces boulardii* significantly shortened the duration of diarrhoea (in days), compared with the control group in both studies, i.e. one study (MD = –1.2 (3.6 versus 4.8); n = 100 children; p = 0.001) and one study (MD = –1.6 (3.08 versus 4.68); n = 100 children; p < 0.05).

Three studies could not be used in the above meta-analysis owing to limited information: one research group did report that use of *Saccharomyces boulardii* offered statistically significant effects on the number of stools per day compared with the control group for Day 3 (MD = –1.6 (2.8 versus 4.4); p = 0.01) and Day 6 (MD = –1.7 (1.6 versus 3.3); p = 0.001), but not for Day 0 (MD (9.5 versus 8.8); p = 0.37). Results from the remaining study showed a significant difference in the mean number of stools per day between the *Saccharomyces boulardii* group and the control group for Day 1 (MD = –0.86; 95% CI = –1.15 to –0.57), Day 2 (MD = –1.21; 95% CI = –1.49 to –0.93), Day 3 (MD = –1.68; 95% CI = –1.93 to –1.43) and Day 4 (MD = –1.38; 95% CI = –1.65 to –1.11), but there was no difference on Day 0 (MD 0.31, 95% CI = –0.06 to 0.68). Overall, the pooled effect size for the duration of treatment of AGE in this study favoured the *Saccharomyces boulardii* group (p = 0.001).

Billoo et al. reported on the mean number of episodes of diarrhoea after Month 1 and Month 2 but there were no SDs reported. *Saccharomyces boulardii* was found to significantly shorten the mean number of episodes of diarrhoea compared with the control group for both Month 1 (MD = –0.44 (0.2 versus 0.64); n = 100 children; p = 0.001) and Month 2 (MD = –0.24 (0.32 versus 0.56); n = 100 children; p = 0.04).

Another study reported the number of children having diarrhoea on each day after starting the intervention and the results show that *Saccharomyces boulardii* significantly reduced the risk of diarrhoea compared with the control group for Day 2 (RR 0.54; 95% CI 0.42 to 0.70; n = 176 children) and Day 3 (RR 0.54; 95% CI 0.38 to 0.77; n = 176 children) but not on Day 1 (RR 0.96; 95% CI 0.87 to 1.05; n = 176 children). Overall, the effect of *Saccharomyces boulardii* for the first three days of treatment did not demonstrate superiority over the control (p = 0.19).

The authors Htwe et al. reported on the number of children having < 3 stools per day after starting the intervention and the results show that significantly more children were having < 3 stools per day in the *Saccharomyces boulardii* group (n = 50) compared with the control group (n = 50) on Day 2 (RR 3.00; 95% CI 0.32 to 27.87), Day 3 (RR 3.17; 95% CI 1.89 to 5.31), Day 4 (RR 1.63; 95% CI 1.30 to 2.06) and Day 5 (RR 1.25; 95% CI 1.08 to 1.44). On Day 1, none of the children had solid stools in either group. On Day 7, all the children had solid stools. On Day 6, there was no difference in the number of children having solid stools between the two groups (RR 1.04; 95% CI 0.97 to 1.11). Although the results appeared to favour the *Saccharomyces boulardii* group, this was not statistically significant (p = 0.06).

In addition to the above, one other primary outcome of the current systematic review was to investigate the safety of use of this yeast probiotic in the paediatric hospitalised patient. None of the included studies reported on any significant side effects associated with *Saccharomyces boulardii* use.

**Secondary outcomes:** Two studies reported on the duration of hospital stay (in days) and their results were combined in a meta-analysis that resulted in significant statistical heterogeneity (tau² = 1.55; chi² = 18.94; df = 1; p < 0.0001; I² = 95%) (see Figure 4).

None of the 10 studies evaluated other outcomes (e.g. cost-effectiveness, optimal dosing and delivery method, frequency/duration of treatment, timing of delivery of *Saccharomyces boulardii*).

**Discussion**

In this systematic review, we set out to assess the effectiveness and safety of *Saccharomyces boulardii* in the management of AGE in the paediatric hospitalised population. Like the current systematic review, other researchers like Szajewska et al. (2007), McFarland (2010), Allen et al. (2010) and Pan et al. (2012) have attempted to review and possibly put forward treatment guidelines for the use of *Saccharomyces boulardii* in the management of GE, but often in a mixed population of both adult and paediatric participants, whilst this review focused exclusively on the latter.

Except for the study setting not being a hospital, the systematic review conducted by Szajewska et al. (2007) is the closest match to the inclusion criteria of the current systematic review. These authors conducted a systematic review of only RCTs to test the effectiveness of *Saccharomyces boulardii* in treating AGE in children. Five RCTs involving 619 participants were included. The combined data showed that *Saccharomyces boulardii* significantly reduced the duration of diarrhoea when compared with the control arm. Using a fixed and random effects model, this yeast probiotic still produced a mean difference of –1.1 days (95% CI –1.2 to –0.9). Although a smaller study sample (n = 548) and a smaller mean difference of –0.57 days (95% CI: –0.83 to –0.30), the current systematic review also produced results in favour of use of *Saccharomyces boulardii* to treat AGE, but specifically in the paediatric patient. Significant changes in GE experienced by the *Saccharomyces boulardii* group versus the control group were noted on Day 3, in addition to Day 6 and Day 7, similar to results reported by McFarland (2010). Szajewska et al. also reported than in one RCT study (n = 88) the risk of diarrhoea lasting > 7 days was significantly reduced in the *Saccharomyces boulardii* versus the control group (RR 0.25; 95% CI 0.08 to 0.83; number needed to treat = 5, 95% CI 3 to 20). Such results pointed in the direction of *Saccharomyces boulardii* displaying moderate clinical benefit in otherwise healthy infants and children with AGE.
The Cochrane Review carried out by Allen et al. (2010)^14 was another systematic review aimed at assessing the effect and – like the current systematic review – safety of probiotics, including *Saccharomyces boulardii*, in treating GE. This review was much larger than the systematic reviews mentioned earlier as it included 63 studies with a combined 8 014 participants. Within this large pool of studies, 56 included infants and young children. The included studies took the form of either RCTs or quasi-RCTS that compared the effect of a specified probiotic with either a placebo/no probiotic in people with AGE. The overall result was indicative of probiotics (including *Saccharomyces boulardii*) having the ability to reduce the duration of GE. But similar to McFarland (2010)^16 these authors^14 also acknowledged challenges faced in conducting their systematic review. Included studies in their systematic review varied in their definitions of both AGE and AGE resolution, the studies were all undertaken in a wide range of different settings and there was variation in terms of the organism tested, dosage offered and participant characteristics. The authors^14 concluded that if used alongside oral rehydration solution, probiotics (including *Saccharomyces boulardii*) appeared to be safe and have the potential to reduce AGE duration and reduce stool frequency.

The systematic review conducted by Pan et al. (2012)^35 was similar to the current systematic review in that three of the studies^33,34 included in the current systematic review also featured in their^35 list of included studies. Similar to challenges experienced with the current systematic review, these authors also had difficulty retrieving suitable RCTs for inclusion, i.e. only 8 included studies from a total pool of 678. These 8 studies included participants that ranged from the ages of 1 month up to 12 years, were all described as being randomised into either the *Saccharomyces boulardii* or the control (commercialised oral rehydration solution) group, received about the same dosage of *Saccharomyces boulardii* (500 mg/d) but with only two studies indicating smaller doses of *Saccharomyces boulardii* (250 mg/d) for participants <12 months. All participants received the intervention for a period of 5–7 days, with only one study continuing to follow the participants up to Day 14. Although only 25% of the included studies reported on the cause of the GE, and not all studies were carried out in a hospital setting, the authors reported that the results of their meta-analysis showed that the *Saccharomyces boulardii* group was more effective than the control group in decreasing the following: duration of diarrhoea (MD −0.92, 95% CI −1.32 to −0.52), stool frequency on Day 3 (MD −1.92, 95% CI −1.63 to −0.95), Day 4 (MD −0.51, 95% CI −0.89 to −0.33), and Day 7 (MD −0.44, 95% CI −0.72 to −0.16), respectively. Despite only 25% of included studies indicating the cause of the diarrhoea in each of their studies, the authors concluded that *Saccharomyces boulardii* displayed therapeutic effects in treating children with AGE.

Safety of use of the yeast probiotic was the other primary outcome under investigation, and of the 10 included studies, only 1 study^23 reported on a single participant complaining of ‘meteorism’, which is defined as excess gas accumulating in the gastrointestinal system and causing abdominal distension. No additional information was provided by the authors and neither was there mention of the participant needing to be removed from the trial. Other than this reporting, no serious adverse reaction in the *Saccharomyces boulardii* group was registered during any of the included studies.

Overall, offering this unique yeast probiotic at a dose of 250 mg once to twice per day for up to 5–7 days has shown some statistically significant benefit in decreasing the duration of AGE. Although no statistical difference was noted between the groups with the number of days in hospital, the days to appearance of the first semi-formed stool were found to be fewer in the *Saccharomyces boulardii* group as compared with the control group.7–12,14,19,26–32,34

**Overall completeness and applicability of evidence**

Any factor that disrupts the bowel’s multifaceted ecosystem can result in the development of gastrointestinal disease, with GE being one of the most documented symptoms. The difficulty this presents is that GE can be categorised in various ways, i.e. according to cause (e.g. bacterial, viral, parasitic), or by severity (e.g. mild, moderate and severe). This systematic review was very specific as it aimed to include only those studies addressing mild–moderate GE caused by the rotavirus. In addition, subjects needed to be between 0 and 16 years, be in a generally healthy condition with no other co-morbidities and qualify for hospitalisation. The addition of studies investigating the effects of *Saccharomyces boulardii* only made this a very challenging search for supporting studies. Reviewers identified 10 RCTs involving a combined 1 401 participants between the ages of 0 and 16 years for inclusion in this systematic review.

The study settings within which each of the included studies took place were in many different countries across the globe (i.e. Pakistan, India, Brazil, Myanmar and Turkey). Aside from varied

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**Figure 2: Methodological quality graph: judgements on each methodological quality item presented as percentages for all included studies (n = 10).**

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The efficacy and safety of *Saccharomyces boulardii* in the treatment of acute gastroenteritis in the paediatric population.
Table 3: Summary of findings table using GRADE: *Saccharomyces boulardii* compared with control or placebo for AGE

| Outcomes                  | Illustrative comparative risks* (95% CI) | Relative effect (95% CI) | No. of participants (studies) | Quality of the evidence (GRADE) | Comments |
|---------------------------|-----------------------------------------|--------------------------|-------------------------------|---------------------------------|----------|
|                           | Assumed risk (Control or Placebo)       | Corresponding risk (Saccharomyces boulardii) |                                |                                 |          |
| Duration of diarrhoea:    | The mean duration of diarrhoea in the intervention groups was 0.57 lower (0.83 to 0.3 lower) | RR 1.13 (1.9 lower to 1.65 higher) | 548 (5 studies) | ⬤⬤⬤⬤ moderate* |          |
| measured in days          |                                         |                          |                               |                                 |          |
| Follow-up: mean 5–7 days  |                                         |                          |                               |                                 |          |
| Mean number of stools per day: | The mean number of stools per day in the intervention groups was 0.97 lower (1.56 to 0.39 lower) | RR 0.66 (0.35 to 1.23) | 528 (1 study) | ⬤⬤⬤ high* |          |
| number of stools per day  |                                         |                          |                               |                                 |          |
| Follow-up: mean 7 days    |                                         |                          |                               |                                 |          |
| Frequency of diarrhoea    | Study population                        | RR 1.13 (0.97 to 1.31) | 700 (1 study) | ⬤⬤⬤ moderate* |          |
| Evacuation frequency was < 3 times per day | 775 per 1 000 (271 to 953) |                          |                               |                                 |          |
| Follow-up: mean 5 days    |                                         |                          |                               |                                 |          |
| Number having < 3 stools per day stools passed | 657 per 1 000 (637 to 861) | RR 0.12 lower (1.9 lower to 1.65 higher) | 133 (1 study) | ⬤⬤⬤ low* |          |
| Follow-up: mean 7 days    |                                         |                          |                               |                                 |          |
| Duration of hospital stay (days) | The mean duration of hospital stay (days) in the intervention groups was 0.12 lower (1.9 lower to 1.65 higher) | RR 0.66 (0.35 to 1.23) | 320 (2 studies) | ⬤⬤⬤ low* |          |

Notes: Patient or population: patients with AGE. Settings: in paediatric, hospitalised patients. Intervention: *Saccharomyces boulardii*. Comparison: control or placebo.

*The basis for the assumed risk (e.g. the median control group risk across studies) is provided in footnotes.

The corresponding risk (and its 95% confidence interval) is based on the assumed risk in the comparison group and the relative effect of the intervention (and its 95% CI). CI: confidence interval; RR: risk ratio.

GRADE Working Group grades of evidence:

- Very low quality: We are very uncertain about the estimate.
- Low quality: Further research is very unlikely to change our confidence in the estimate of effect.
- Moderate quality: Further research is likely to have an important impact on our confidence in the estimate of effect and may change the estimate.
- High quality: Further research is very unlikely to change our confidence in the estimate of effect.

GRADE Working Group grades of evidence:

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Summary of findings table using GRADE: *Saccharomyces boulardii* compared with control or placebo for AGE

| Outcomes                  | Illustrative comparative risks* (95% CI) | Relative effect (95% CI) | No. of participants (studies) | Quality of the evidence (GRADE) | Comments |
|---------------------------|-----------------------------------------|--------------------------|-------------------------------|---------------------------------|----------|
|                           | Assumed risk (Control or Placebo)       | Corresponding risk (Saccharomyces boulardii) |                                |                                 |          |
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| measured in days          |                                         |                          |                               |                                 |          |
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| Mean number of stools per day: | The mean number of stools per day in the intervention groups was 0.97 lower (1.56 to 0.39 lower) | RR 0.66 (0.35 to 1.23) | 528 (1 study) | ⬤⬤⬤ high* |          |
| number of stools per day  |                                         |                          |                               |                                 |          |
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- Moderate quality: Further research is likely to have an important impact on our confidence in the estimate of effect and may change the estimate.
- High quality: Further research is very unlikely to change our confidence in the estimate of effect.

GRADE Working Group grades of evidence:

- CI: confidence interval; RR: risk ratio.
geographical settings, the included studies also included participants that were from varied backgrounds, of differing socioeconomic status, with different research resources, different research teams and therefore varied methodological quality standards. One of the secondary outcomes of the current systematic review was to investigate the effect of *Saccharomyces boulardii* on the days of hospitalisation. Of the 10 included studies, only 3 studies reported on this outcome and each with a different result.

### Quality of evidence

The 10 studies included in this review lacked meticulousness when it came to methodological quality. All 10 trials met the prerequisite of being RCTs. When judgement concerning each methodological quality item for each included study was undertaken, shortcomings across some of the domains for some of the studies were noted. Selection bias was clearly prevented in four studies as simple randomisation methods were described, i.e. computer-generated random numbers, according to identification numbers and simple alternated allocation to treatment and control groups. The remaining six studies reported carrying out randomisation but details on how this was achieved were unclear.

The quality of the individual included studies ranged between low and moderate, with unclear risk of bias displayed for especially the first four domains, i.e. random sequence generation, allocation concealment, blinding of participants/personnel and blinding of outcome assessment (see Figure 2). Some of the results for some outcomes showed clear differences between groups within single studies. However, the manner in which outcomes were reported (i.e. number of stools per day, days to < 3 stools per day, mean number of stools) resulted in only one meta-analysis being done.

### Potential biases in overview process

One of the biggest ‘threats’ to systematic reviews is publication bias, defined as ‘the publication or non-publication of research findings, depending on the nature and direction of results’ as a result, this would impact on the ‘true’ nature of the research topic under investigation. Although an exhaustive electronic search strategy was employed in this systematic review, there is always the possibility that applicable research papers could have been missed or overlooked during various stages of the search and selection process. The use of two reviewers (MP and EV) independently assessing studies for inclusion in this systematic review was an additional measure to address this form of bias.

### Strengths and limitations of this review

Although only 10 studies successfully met the predetermined inclusion criteria, this led to a more appropriate comparison, and therefore pooling of results between the intervention and control groups of each individual study. Although foreign-language studies were excluded from this review, all potentially eligible studies reported in languages other than English were documented for future assessment. Of the latter only one study appeared to be possibly relevant to this investigation. Lastly, the authors of this systematic review were able to identify and use RCTs that met the predefined inclusion criteria but could not control for the different geographical settings in which each of these trials was conducted and their influence on the results of this review.

### Conclusions

Overall, the results indicate that *Saccharomyces boulardii* shortened the duration of AGE caused by rotavirus (in days) when compared with the control/placebo group, with the included studies displaying little/no heterogeneity. In addition, no adverse effects were associated with the use of this yeast probiotic in treating AGE in otherwise healthy children. Therefore, the results of the current systematic review indicate that there is a potential benefit associated with the use of *Saccharomyces boulardii* to treat AGE in the paediatric patient.

However, owing to factors such as small sample sizes, unclear and inconsistent quality of methodology, and reporting bias

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**Table 1: Forest plot of trials comparing *Saccharomyces boulardii* versus control in children with gastroenteritis: difference in duration of diarrhoea (in days).**

| Study or Subgroup | Mean Difference | Mean Difference |
|-------------------|-----------------|-----------------|
| SB                | IV, Random, 95% CI | IV, Random, 95% CI |
| Burande 2013      | -0.80 [-1.36, -0.24] |                      |
| Daligic 2011      | -0.39 [-0.97, 0.19] |                      |
| Erdogan 2012      | -0.40 [-1.32, 0.52] |                      |
| Kurugol 2005      | -0.80 [-1.60, -0.00] |                      |
| Riaz 2012         | -0.50 [-0.93, -0.07] |                      |
| Total (95% CI)    | 274 274          | 100.0%           |
| Heterogeneity: Tau² = 0.00, Chi² = 1.57, df = 4 (P = 0.81); I² = 0% |
| Test for overall effect: Z = 4.20 (P < 0.0001) |

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**Figure 3**

Forest plot of trials comparing *Saccharomyces boulardii* versus control in children with gastroenteritis: difference in duration of diarrhoea (in days).

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**Table 2: Forest plot: duration of hospital stay (in days, *Saccharomyces boulardii* versus control).**

| Study or Subgroup | Mean Difference | Mean Difference |
|-------------------|-----------------|-----------------|
| SB                | IV, Random, 95% CI | IV, Random, 95% CI |
| Daligic 2011      | 0.81 [0.09, 1.53] |                      |
| Kurugol 2005      | -1.00 [-1.38, -0.62] |                      |
| Total (95% CI)    | 160 160          | 100.0%           |
| Heterogeneity: Tau² = 1.55, Chi² = 18.94, df = 1 (P < 0.0001); I² = 95% |
| Test for overall effect: Z = 0.14 (P = 0.89) |

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**Figure 4**

Forest plot: duration of hospital stay (in days, *Saccharomyces boulardii* versus control).
owing to source of funding and support, a definitive conclusion and recommendation for the use of a specific probiotic like *Saccharomyces boulardii* to be used as treatment or treatment adjunct for AGE in the paediatric hospitalised patient cannot yet be made. Future research initiatives investigating the subject of the benefits/harm associated with the use of *Saccharomyces boulardii* must therefore endeavour to consist of larger RCTs which: minimise heterogeneity associated with study participants enrolled, clearly predefine aetiologies, e.g. GE or AGE, minimise methodological variability (e.g. blinding), standardise the presentation in which the intervention is offered, and conduct single-strain probiotic investigations. In addition, secondary outcomes like length of hospital stay and cost-effectiveness can also be investigated.

**Abbreviations**

| Abbreviation | Description |
|--------------|-------------|
| AGE          | acute gastroenteritis |
| CI           | confidence interval |
| GE           | gastroenteritis |
| GRADE        | Grades of Recommendations, Assessment, Development and Evaluation |
| MD           | mean difference |
| PROSPERO     | Prospective Register of Ongoing Systematic Reviews |
| RCTs         | randomised controlled trials |
| RRs          | risk ratios |
| SDs          | standard deviations |
| WHO          | World Health Organization |

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