

Is Intestaid IB useful for IBS; the debate continues.



www.nucleotides4health.org

Last month, I met Dr Peter Koepf, the scientist who has done most of the development work on Intestaid IB (www.probiohealthcare.com). He assured me that studies in experimental animals had shown that the nucleotides (the building blocks of DNA) in Intestaid IB are not only absorbed in the intestine but also restore the structure and function of the stressed intestine, and are now included in infant feeding formulas and enteral feeds. The study reported in the last issue of Gut Reaction (GR 78) by Professor Dancey is the only research that has been conducted in IBS – not a condition associated with immune dysfunction or intestinal failure. I was sceptical about the efficacy of this product, but Professor Dancey writes: *Nick Read misrepresented our research in the following ways:*

1. *He omitted to mention that there was also a statistically significant improvement in “a feeling of incomplete evacuation” or that when all the symptoms except constipation were examined, the differences were in the same direction, even though not all were significant.*

2. *This was a double blind randomised placebo controlled study, so that neither us nor the participants knew which condition they were in. The findings of this study are just as robust as those in drug trials and indicate that Intestaid IB did, in fact, make modest improvements in the symptoms of IBS in the majority of patients.*

I apologise for any misleading comments, but clearly more research is needed to substantiate her findings. Herein lies the rub; research is costly and only the largest pharmaceutical companies can afford the sort of studies needed to establish a product. Mr Cameron's Big Society is all about promoting initiatives in the



community. I wonder if there is a clinical scientist with IBS somewhere with sufficient motivation to organise such a study. The IBS Network would help design it and advertise for volunteers.

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