Probiotics for Kidney Health
Gut-Based Uremic Toxin Removal – “Enteric Dialysis™”
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Study Design: 6 months Double Blind Placebo Controlled Cross-over (after 3 months)
Inclusion Criteria: CKD Stages III and IV, Scr > 2.5mg/ml, 18-75 yrs old
Study Site: Corp Med Ctr, Scarborough Hospital, Ontario, Canada.
Primary Endpoints: Biochemical (Urea, Creatinine, Uric acid) and CRP
Secondary Endpoints: Fecal Analysis and Quality of Life.
Results: 13 patients complete study.
Ave mean change: BUN: 4.52 mmol/L (placebo), -2.95mmol/L (KB), P = 0.002;
Uric acid: 50.62 µmol/L (placebo),  24.70 µmol/L (KB), P = 0.05, Scr: Stable,
CRP levels: Slightly lower,
Positive fecal changes observed with improved QOL (P = 0.05)