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Further data on respiratory health benefits of BLIS K12™

Blis are pleased to share summary results of three recently published independent studies which have provided further evidence of the role BLIS K12™ may play in preventing respiratory illness. Although these are small pilot studies, they help support the current positioning of BLIS K12™ and ongoing Business to Business selling activity.

Respiratory tract infections in frontline healthcare workers

Chinese researcher Qiang Wang¹, placed 193 frontline healthcare workers in a randomised controlled trial to investigate the prevalence, duration and number of days absent from work due to respiratory infections.

The study revealed that taking two BLIS K12™ lozenges daily for one month reduced the frequency of respiratory infections by 64.8%, lessened the duration of respiratory tract infections and oral ulcers by 78%, and decreased days absent from work by 95.5%.

Respiratory tract infections in children

Chinese researcher Hongyan Guo², looked at reducing recurrent respiratory tract infections in 100 children by providing BLIS K12™ as a supplement alongside conventional treatments in an open randomised trial.

The results showed that probiotic application of BLIS K12™ for 30 days, together with conventional treatments, reduced the rate of recurrence of upper respiratory tract infections from 34% to 15%.

Children consuming the BLIS K12™ supplement had shorter and more moderate symptoms, reduced absence from school, and less antibiotic and anti-viral treatment. Guo suggests that children who exhibit recurrent respiratory tract infections will benefit significantly from BLIS K12™.

In a second study of children, led by established probiotic researcher Francesco Di Pierro³ at Velleja Research, Italy, a randomised controlled trial looked at the occurrence of Covid-19 in a population of 128 school aged children.

Di Pierro and Colombo revealed that over the course of the 90-day treatment period, none of the 64 children consuming BLIS K12™ tested positive for Covid-19 compared to 38% who tested positive in the group not taking the probiotic.

“We always say that the mouth is the gateway to the body and these studies help validate the role the oral microbiome plays in our overall health and immunity,” says John Hale, PhD, Blis Technologies Chief Technology Officer.

“Daily consumption of BLIS K12™ helps to support our oral microbiome by keeping the bad bacteria out, optimising your body’s natural ability to defend against airborne germs and potential threats,” explains Hale.

These studies can be characterised as emerging evidence to further support the respiratory benefits of BLIS K12™ however further research is needed under more controlled conditions.

References:

1. Wang, Q., Lin, X., Xiang, X., Liu, W., Fang, Y., Chen, H., Tang, F., Guo, H., Chen, D., Hu, X., Wu, Q., Zhu, B., & Xia, J. (2021). Oropharyngeal Probiotic ENT-K12 Prevents Respiratory Tract Infections Among Frontline Medical Staff Fighting Against COVID-19: A Pilot Study. *Frontiers in Bioengineering and Biotechnology*, 9. <https://doi.org/10.3389/fbioe.2021.646184>
2. Guo, H., Xiang, X., Lin, X., Wang, Q., Qin, S., Lu, X., Xu, J., Fang, Y., Liu, Y., Cui, J., & Li, Z. (2022). Oropharyngeal Probiotic ENT-K12 as an Effective Dietary Intervention for Children With Recurrent Respiratory Tract Infections During Cold Season. *Frontiers in Nutrition*, 9. <https://doi.org/10.3389/fnut.2022.900448>
3. Di Pierro, F., & Colombo, M. (2021). The administration of *S. salivarius* K12 to children may reduce the rate of SARS-CoV-2 infection. *Minerva Medica*, 112(4). <https://doi.org/10.23736/s0026-4806.21.07487-5>

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About Blis Technologies Ltd

Delivering proven health benefits through evidence-based, advanced probiotics

Blis Technologies is an NZX-listed manufacturer of advanced probiotic strains that go beyond the gut. Combining innovation with evidence-based research and the highest quality production controls enables the delivery of probiotic solutions for specific health targets including throat health, halitosis (bad breath), immune support, teeth and gum health and skin health. BLIS® products are sold throughout New Zealand and in Asia, Europe and the USA. More information about Blis Technologies Ltd can be found at www.blis.co.nz.