

# Effect of a milk product containing probiotics and prebiotics on the digestive function of healthy and constipated subjects Efecto de un producto lácteo con probióticos y prebióticos sobre la función digestiva de sujetos sanos y constipados

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Constipation is a complex disorder which affects an important part of the population and results in an increase of gastrointestinal symptoms and in lower stool frequency. The addition of soluble fibers (prebiotics) and probiotics in foodstuffs has been proposed as a useful tool to improve digestive wellbeing of affected individuals. The aim of this study was to evaluate the effect of the daily consumption of Minishot, a milk drink with prebiotics (inulin / polydextrose) and probiotics (*Bifidobacterium lactis* BB12), on the digestive comfort of healthy and constipated subjects. We conducted a randomized, controlled, double blind clinical trial in 33 healthy subjects and 64 constipated subjects (? 3 stools / week). Each subject underwent a one-week observation period followed by two periods of two weeks of consumption of Minishot or placebo, separated between them by a two-week washout period. The volunteers recorded daily in a table the presence and severity of distractors and digestive