

Question 28 – Week of January 10

VSL #3 is a probiotic agent consisting of four strains of *Lactobacillus*, three strains of *Bifidobacterium*, and one strain of *Streptococcus*. VSL #3 is thought to act by:

- A. Increasing tissue levels of interleukin-10
- B. Decreasing levels of pro-inflammatory cytokines such as interleukin-1 and TNF
- C. A and B
- D. None of the above

Answer: C

VSL #3 is thought to act by increasing tissue levels of interleukin-10, and decreasing levels of pro-inflammatory cytokines, such as interleukin-1 and tumor necrosis factor (TNF). In recent RCTs, administration of VSL #3 reduced the frequency of pouchitis in IBD patients after IPAA, and decreased the number of flares of pouchitis in patients known to have chronic pouchitis. Another recent RCT detailed that VSL#3 appeared effective compared with placebo for the prevention of endoscopic recurrence of IBD.