

SACCHAROMYCES BOULARDII

Overview Information

Saccharomyces boulardii is a yeast. It was previously identified as a unique species of yeast. Now it is believed to be a strain of *Saccharomyces cerevisiae*. But *Saccharomyces boulardii* is different from other strains of *Saccharomyces cerevisiae* commonly known as brewer's yeast and baker's yeast. *Saccharomyces boulardii* is used as medicine.

Saccharomyces boulardii is most commonly used for treating and preventing diarrhea, including infectious types such as rotaviral diarrhea in children. It has some evidence of use for other types of diarrhea, acne, and a digestive tract infection that can lead to ulcers.

Coronavirus disease 2019 (COVID-19): There is no good evidence to support using *Saccharomyces boulardii* for COVID-19. Follow healthy lifestyle choices and proven prevention methods instead.

How does it work?

Saccharomyces boulardii is called a "probiotic," a friendly organism that helps to fight off disease-causing organisms in the gut such as bacteria and yeast.

Uses & Effectiveness?

Likely Effective for

Diarrhea. Research shows that giving *Saccharomyces boulardii* to children with diarrhea can reduce how long it lasts by up to 1 day. But *Saccharomyces boulardii* seems to be less effective than conventional medicines for diarrhea, such as loperamide (Imodium).

Diarrhea caused by rotavirus. Giving *Saccharomyces boulardii* to infants and children with diarrhea caused by rotavirus can reduce how long diarrhea lasts by about 1 day.

Possibly Effective for

Acne. Research shows that taking *Saccharomyces boulardii* by mouth helps improve the appearance of acne.

Diarrhea in people taking antibiotics (antibiotic-associated diarrhea). Most research shows that *Saccharomyces boulardii* can help prevent diarrhea in adults and children being treated with antibiotics. For every 9-13 patients treated with *Saccharomyces boulardii* during treatment with antibiotics, one less person will develop antibiotic-related diarrhea.

Infection of the gastrointestinal tract by bacteria called *Clostridium difficile*. Taking *Saccharomyces boulardii* along with antibiotics seems to help prevent *Clostridium difficile*-associated diarrhea from recurring in people with a history of recurrence. Taking *Saccharomyces boulardii* along with antibiotics also seems to help prevent first episodes of *Clostridium difficile*-associated diarrhea. But experts don't recommend using *Saccharomyces* for preventing first episodes.

A digestive tract infection that can lead to ulcers (*Helicobacter pylori* or *H. pylori*). Taking *Saccharomyces boulardii* by mouth along with standard *H. pylori* treatment helps treat this infection. About 12 people need to be treated with additional *Saccharomyces boulardii* for one patient who would otherwise remain infected to be cured. Taking *Saccharomyces boulardii* also helps prevent side effects such as diarrhea and nausea that occur with standard *H. pylori* treatment. This might help people finish their standard treatment for *H. pylori*.

Diarrhea in people with HIV/AIDS. Taking *Saccharomyces boulardii* by mouth appears to reduce diarrhea related to HIV.

Travelers' diarrhea. Taking *Saccharomyces boulardii* by mouth appears to prevent travelers' diarrhea.

Possibly Ineffective for

A serious intestinal disease in premature infants (necrotizing enterocolitis or NEC). Research shows that giving *Saccharomyces boulardii* to preterm infants does not prevent NEC or death from any cause.

Insufficient Evidence for

An infection of the intestines that causes diarrhea (cholera). *Saccharomyces boulardii* does not seem to improve cholera symptoms, even when given with standard treatments.

A type of inflammatory bowel disease (Crohn disease). Taking *Saccharomyces boulardii* seems to reduce the number of bowel movements in people with Crohn disease. Early research also shows that taking *Saccharomyces boulardii* along with mesalamine can help people with Crohn disease stay in remission longer. But taking *Saccharomyces boulardii* alone does not seem to help people with Crohn disease stay in remission longer.

Cystic fibrosis. Early research shows that taking *Saccharomyces boulardii* by mouth does not reduce yeast infections in the digestive tract of people with cystic fibrosis.

Heart failure. Early research shows that taking *Saccharomyces boulardii* might improve heart function in people with heart failure.

High cholesterol. Early research shows that *Saccharomyces boulardii* does not seem to affect cholesterol levels.

A long-term disorder of the large intestines that causes stomach pain (irritable bowel syndrome or IBS). Research shows that taking *Saccharomyces boulardii* improves quality of life in people with diarrhea-predominant or mixed-type IBS. But *Saccharomyces boulardii* doesn't seem to improve most IBS symptoms such as stomach pain, urgency, or bloating.

Infection of the intestines by parasites. Early research shows that taking *Saccharomyces boulardii* by mouth along with antibiotics reduces diarrhea and stomach pain in people with amoeba infections.

Yellowing of the skin in infants (neonatal jaundice). Some infants develop jaundice after birth due to high bilirubin levels. Giving *Saccharomyces boulardii* to term infants might prevent jaundice and reduce the need for phototherapy in a small number of these infants. But it's not known if *Saccharomyces boulardii* reduces the risk of jaundice in at-risk infants. Giving *Saccharomyces boulardii* to infants along with phototherapy doesn't lower bilirubin levels better than phototherapy alone.

Infants born weighing less than 2500 grams (5 pounds, 8 ounces). Giving a *Saccharomyces boulardii* supplement after birth seems to improve weight gain and feeding in preterm infants with low birth weight.

Excessive growth of bacteria in the small intestines. Early research shows that adding *Saccharomyces boulardii* to treatment with antibiotics reduces bacteria growth in the intestines better than antibiotics alone.

A type of inflammatory bowel disease (ulcerative colitis). Early research shows that adding *Saccharomyces boulardii* to standard mesalamine therapy can reduce symptoms in people with mild-to-moderate ulcerative colitis.

Canker sores.

Fever blisters.

High cholesterol.

Hives.

Lactose intolerance.

Lyme disease.

Urinary tract infections (UTIs).

Yeast infections.

Other conditions.

More evidence is needed to rate *Saccharomyces boulardii* for these uses.

Side Effects & Safety

When taken by mouth: *Saccharomyces boulardii* is **LIKELY SAFE** for most adults when taken by mouth for up to 15 months. It can cause gas in some people. Rarely, it might cause fungal infections that can spread through the bloodstream to the entire body (fungemia).

Special Precautions & Warnings:

Children: *Saccharomyces boulardii* is **POSSIBLY SAFE** for children when taken by mouth appropriately. However, diarrhea in children should be evaluated by a healthcare professional before using *Saccharomyces boulardii*.

Pregnancy and breast-feeding: There is not enough reliable information about the safety of taking *Saccharomyces boulardii* if you are pregnant or breast feeding. Stay on the safe side and avoid use.

Elderly: The elderly might have an increased risk of fungal infection when taking *Saccharomyces boulardii*. Stay on the safe side and avoid use.

Weakened immune system: There is some concern that taking *Saccharomyces boulardii* might cause fungemia, which is the presence of yeast in the blood. The actual number of cases of *Saccharomyces boulardii*-related fungemia is hard to determine. However, the risk seems to be greatest for people who are very sick or who have weakened immune systems. In particular, people with catheters, those receiving tube feeding, and those being treated with multiple antibiotics or antibiotics that work on a wide variety of infections seem to be most at-risk. In many cases, fungemia resulted from catheter contamination by air, environmental surfaces, or hands that have been contaminated with *Saccharomyces boulardii*.

Yeast allergy: People with yeast allergy can be allergic to products containing *Saccharomyces boulardii*, and are best advised to avoid these products.

Drug interactions

Medications for fungal infections (Antifungals) interacts with *SACCHAROMYCES BOULARDII*

Saccharomyces boulardii is a fungus. Medications for fungal infections help reduce fungus in and on the body. Taking *Saccharomyces boulardii* with medications for fungal infections can reduce the effectiveness of *Saccharomyces boulardii*.

Some medications for fungal infection include fluconazole (Diflucan), terbinafine (Lamisil), itraconazole (Sporanox), and others.

Dosing

The following doses have been studied in scientific research:

ADULTS

BY MOUTH:

For diarrhea in people taking antibiotics (antibiotic-associated diarrhea): 250-500 mg of *Saccharomyces boulardii* taken 2-4 times daily for up to 2 weeks is most commonly used. In most cases, daily doses do not exceed 1000 mg daily.

For infection of the gastrointestinal tract by bacteria called *Clostridium difficile*: For preventing recurrence, 500 mg of *Saccharomyces boulardii* twice daily for 4 weeks along with antibiotic treatment has been used.

For a digestive tract infection that can lead to ulcers (*Helicobacter pylori* or *H. pylori*): 500-1000 mg of *Saccharomyces boulardii* daily for 1-4 weeks is most commonly used.

For diarrhea in people with HIV/AIDS: 3 grams of *Saccharomyces boulardii* daily.

For travelers' diarrhea: 250-1000 mg of *Saccharomyces boulardii* daily for 1 month.

CHILDREN

BY MOUTH:

For diarrhea in people taking antibiotics (antibiotic-associated diarrhea): 250 mg of *Saccharomyces boulardii* once or twice daily for the duration of antibiotics has been used.

For diarrhea: For treating acute diarrhea, 250 mg of *Saccharomyces boulardii* once or twice daily for 5 days has been used. For treating persistent diarrhea, 1750 billion to 175 trillion colony-forming units of *Saccharomyces boulardii* twice daily for 5 days has been used. For preventing diarrhea in people receiving tube feedings, 500 mg of *Saccharomyces boulardii* four times daily has been used.

For diarrhea caused by rotavirus: 200-250 mg of *Saccharomyces boulardii* twice daily for 5 days has been used