# Article information:

Effects of Probiotics and Synbiotics on Weight Loss in Subjects with Overweight or Obesity: A Systematic Review - PubMed  
<https://pubmed.ncbi.nlm.nih.gov/34684633/>

# Article summary:

1. Probiotics and synbiotics can lead to significant weight reductions in overweight and obese populations.

2. Specific strains belonging to the genus Lactobacillus and Bifidobacterium were the most used and showed the best results in reducing body weight.

3. The intake of probiotics or synbiotics can be effective in weight loss, either maintaining habitual lifestyle habits or in combination with energy restriction and/or increased physical activity for an average of 12 weeks.

# Article rating:

Appears moderately imbalanced: The article provides some useful information, but is missing several important points or pieces of evidence that would be required to present the discussed topics in a balanced and reliable way. You are encouraged to seek a more balanced perspective on the presented issues by exploring the provided research topics and looking at different information sources.

# Article analysis:

该文章是一篇系统性综述，旨在评估益生菌和合生元对超重或肥胖人群体重减轻的影响。文章通过检索PubMed、Web of Science和Scopus等数据库，筛选出27篇符合条件的随机临床试验，并发现其中23篇观察到了益生菌和合生元对体重减轻的积极效果。该文章认为摄入益生菌或合生元可以导致显著的体重减轻，无论是保持习惯的生活方式还是与能量限制和/或增加身体活动相结合，平均持续12周。Lactobacillus属和Bifidobacterium属中特定菌株被广泛使用，并显示出在减少体重方面最好的结果。总之，该文章认为益生菌和合生元有助于超重和肥胖人群减轻体重。

然而，该文章存在一些潜在偏见及其来源。首先，该文章只关注了正面结果，并没有探讨可能存在的负面影响或风险。其次，在选择研究时，可能存在选择性偏差，因为只有符合条件的研究才被纳入分析。此外，在文献检索过程中，可能存在语言和地域偏差，因为只有英文文章被纳入分析。最后，该文章没有考虑到其他可能影响体重的因素，如饮食和运动习惯等。

此外，该文章也存在一些片面报道和缺失的考虑点。例如，该文章没有提及研究中使用的剂量、频率和持续时间等关键参数。此外，该文章没有探讨不同人群之间可能存在的差异性结果。

总之，尽管该文章提供了一些有益信息，但需要更多的研究来确定益生菌和合生元对超重或肥胖人群体重减轻的确切效果，并且需要更全面地考虑潜在风险和限制条件。

# Topics for further research:

* Potential negative effects or risks of probiotics and prebiotics
* Selection bias in the studies included in the review
* Language and geographic bias in the literature search
* Other factors that may affect weight loss
* such as diet and exercise habits
* Key parameters of probiotic and prebiotic use
* such as dosage
* frequency
* and duration
* Differences in results among different populations.

# Report location:

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