

Preliminary Study: Effect of *Streptococcus salivarius* K12 on Recurrent Tonsillitis

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Abstract

To determine whether the oral delivery of the probiotic bacterium *Streptococcus salivarius* K12 could have any effect on the rate of occurrence of clinically-evident tonsillitis, a study was undertaken in children. Subjects with a history of frequent sore throats were recruited into the study and treated with either K12 or a placebo. The study was discontinued earlier than originally anticipated because of clinical resource reallocation and slow recruitment. Nevertheless 24 children entered the study and the numbers of tonsillitis episodes were recorded. The data presented should be considered preliminary, although six of the test group did complete a six-month treatment course. The children receiving K12 experienced substantially fewer sore throats (0.11 per month) than they did before entering the study (0.33 per month) and also by comparison to the smaller placebo group (0.19 per month).