

IBS-D Probiotic Evidence Filter

Use this one-page filter before you spend money on another IBS-D product.

1. Name the exact problem

- diarrhea and urgency
- stool consistency
- abdominal pain
- bloating or distension
- broad "global relief"

These are not interchangeable outcomes.

2. Name the exact intervention

- named probiotic strain
- named probiotic mixture
- plant-derived barrier product
- antisecretory plant-derived product

Do not treat a category word like "probiotic" or "natural" as enough detail.

3. Match the study outcome

- Did the trial measure stool form?
- bowel movement frequency?
- pain?
- bloating?
- global symptom scores?

The closer the study outcome is to your dominant symptom, the more useful the evidence becomes.

4. Ask how replicated the signal is

- guideline-level support?
- multiple trials?
- one-off promising study?
- subgroup-only result?

Interesting is not the same as established.

5. Screen the real-world formula

- exact strain code listed?
- exact mixture identified?
- added inulin or FOS?
- capsule, powder, or blend format?
- previous worsening with similar products?

6. Stop self-testing when warning signs appear

- bleeding

- fever
- weight loss
- nighttime diarrhea
- dehydration
- escalating pain

Those need evaluation, not endless supplement rotation.