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P329: INVIVO SAFETY EVALUATION OF PROBIOTIC BACTERIA IN WISTAR RAT MODEL

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Background and Aim: Safety is the most important criterion for the use of probiotic bacteria in man and animals, and the absence of pathogenicity and infectivity is regarded as the most important factor for consideration. In order to verify the safety of these bacteria it is recommendable to determine the toxicity of these bacteria in an appropriate animal model.

Methods: In this study, oral toxicity tests of probiotic bacteria including *Lactobacillus casei*, *L. fermentum* and *Enterococcus faecium* were conducted in 24 health male albino Wistar rats. All rats were fed daily 10⁸ cfu/ml of the respected bacteria and observed with respect to general behavior, signs of toxicity and mortality for 21 consecutive days. After an overnight fast all animals were weighed and sacrificed. Blood was withdrawn by cardiac puncture from anaesthetized animals under sterile conditions for hematological and serum biochemical investigations. The animals were then killed humanely and the vital organs including liver, spleens, kidneys and heart were removed under sterile conditions and processed for routine gross and microscopic examination.

Results: Based on our observations all tested animals appeared to be healthy, inquisitive and active. It was also indicated by their food intake, weight gain and general appearance. No illness or death occurred and there were no signs of gastrointestinal distress including diarrhea or vomiting. No viable cells were isolated from blood and the vital organs. Significant data was achieved during hematological and serum biochemical studies.

Conclusion: In conclusion, the tested probiotic bacteria appeared safe for consumption in man and animals.

Keywords: Probiotic bacteria, safety, Wistar rats

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