



Prescribing Policy for Supply of Probiotics VSL#3® or Similar Products

North East Essex CCG does not support the prescribing of probiotics VSL#3® or similar products on FP10.

Probiotics (including VSL#3®) as an item which has limited clinical value.

VSL#3® is a probiotic food supplement approved by the Advisory Committee of Borderline Substances regulations (ACBS) for use under the supervision of a physician, for the **maintenance of remission of ileoanal pouchitis induced by antibacterials in adults only**. Its efficacy is lost soon after stopping the treatment.

There is insufficient evidence to recommend it for other indications.

Recommendations

- Review all patients on probiotics
- Patients not meeting the ACBS criteria should self-purchase VSL#3® OTC or buy another probiotic of their choice.
- They should be counselled on the lack of evidence for benefit in any indication other than the ACBS approved one.
- Regularly review effectiveness of VSL#3® in those patients who meet the ACBS criteria.
- Stop therapy where there is insufficient clinical benefit.

Do not prescribe

- VSL#3® outside of the ACBS criteria
- Symprove®
- Forever Young Probio 7 Advanced Formula®
- Non-dairy Acidophilus Plus® capsules

This list is not conclusive and similar products must not be prescribed

Reference

- BNF online, Available at: <https://bnf.nice.org.uk/borderline-substance/vsl3.html>
- Review of probiotic treatment, including VSL#3® for ileoanal-pouchitis (DROP-List), Available at: <https://www.prescgipp.info/-probiotics/send/122-probiotics/1460-bulletin-82-probiotics> accessed: 22/06/17