

## **IBD SPOTLIGHT**



## Did you know?

...diet can act as a microbiome-centred therapy for IBD?

The **IBD-AID** diet aims to relieve IBD symptoms while providing good nutrition<sup>1</sup>

Restore balance between helpful and harmful intestinal bacteria by: 1,2



Emphasising anti-inflammatory pre- and pro-biotics

(e.g. soluble fibre, vegetables, fruits, fermented foods)

Limiting the intake of pro-inflammatory carbohydrates

(e.g. lactose and processed carbs)

In a single-arm, prospective, intervention trial with IBD-AID:

61.3% of patients treated for ≥8 weeks reported a dramatic decrease in IBD severity¹

**IBD-AID** may allow customization of dietary guidelines to highlight foods with known effects on microbiome signatures associated with health<sup>1</sup>

AID: anti-inflammatory diet; IBD: inflammatory bowel disease

1. Olednzki B et al. Inflamm Bowel Dis 2020;26:S36.

2. Olendzki B et al. Nutr J 2014;13:5.

CA-GAS-2100022 Date of preparation: April 2021

FERRING and the FERRING PHARMACEUTICALS logo are trademarks of Ferring B.V. ©2021 Ferring B.V.