



5 Supplements for IBS: A Dietitian's Review

Although supplements can be an effective strategy to manage IBS symptoms, it's important to select ones with sufficient evidence to support them.

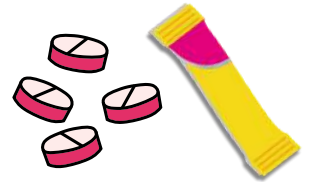
Below are five common supplements for IBS.

Please note: it's recommended that you discuss any supplements with your doctor or a registered dietitian to ensure they are safe for you.

Probiotic Supplements

Probiotic supplements can come in the form of capsules, tablets, gummies, powders, or liquids. There are many strains of bacteria, and only certain strains have been researched to help resolve certain symptoms of IBS.

1



2

Fibre Supplements

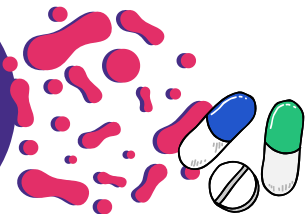
If you aren't getting your daily requirements of fibre through food (25-38g/day respectively for women and men), fibre supplements may be a convenient way to boost fibre intake and manage IBS symptoms. Try a gentle, soluble, minimally fermented fibre, such as psyllium, start at a low dose (i.e. ½ tsp.) and work your way up slowly to 1-2 tbsp., as tolerated.



Prebiotic Supplements

Prebiotics are food that the beneficial bacteria in your gut (probiotics) need to thrive. Caution is warranted when considering prebiotic supplements for IBS, as certain types may exacerbate symptoms, particularly those containing rapidly fermented prebiotic fibre like inulin.

3



4

Peppermint Oil

Peppermint oil can help reduce abdominal pain, bloating and discomfort associated with indigestion. This is thanks to its active main ingredient, menthol.

Digestive Enzymes

Digestive enzymes are enzymes that aid in the digestion of our nutrients. The better we digest our food, the less residue that's leftover to be fermented by the gut bacteria, which leads to fewer potential gut symptoms. If you want to try digestive enzymes to manage IBS symptoms, it's important to find one that is evidenced based and targeted to your individual needs.

5

