

Clinical Trial Protocol

Iranian Registry of Clinical Trials

22 Jul 2026

Effect of probiotic cheese containing *Lactobacillus casei* LAFTI-L26 on salivary mutans streptococci and lactobacilli

Protocol summary

Summary

The purpose of this study is to examine the effect of cheese containing *Lactobacillus casei* LAFTI-L26 consumption on the salivary levels of mutans streptococci and Lactobacilli and to compare with conventional cheese. A total of 60 healthy subjects (18-37 years old), signed informed consent, are randomized into following groups. Subjects will be asked not to consume cheese for 1 week in any way, then, they are assigned to consume 50 gram cheese containing either probiotic *L.casei* or a control cheese with no added lactobacilli, twice daily for 2 weeks. Before and after consumption of each variety of cheeses, salivary samples are collected and the levels of salivary streptococcus mutans and lactobacilli will be determined by the microbiological laboratory.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201009144745N1**

Registration date: **2010-11-02, 1389/08/11**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2010-11-02, 1389/08/11

Registrant information

Name

Najme Akhlaghi

Name of organization / entity

Dental Faculty of Isfahan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

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Email address

sh_mortazavi@dnt.mui.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice-chancellor for Research, Isfahan University of Medical Sciences

Expected recruitment start date

2010-05-29, 1389/03/08

Expected recruitment end date

2010-10-12, 1389/07/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of probiotic cheese containing *Lactobacillus casei* LAFTI-L26 on salivary mutans streptococci and lactobacilli

Public title

Effect of probiotic cheese containing *Lactobacillus casei* on the oral microbial flora

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: age 18-37 years old, no history of systemic antibiotic or topical fluoride treatments, regular Xylitol chewing gum or dairy probiotics within 4 weeks prior to the study, good oral health, no untreated active caries lesions or signs of either gingivitis or periodontal disease, signing the informed consent
Exclusion criteria: smoking, pregnancy, presence of any systemic diseases

Age

From **18 years** old to **37 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 58

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Double blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features

randomized, double – blind, controlled trial with two parallel groups.

Secondary Ids

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Isfahan University of Medical Sciences

Street addressDental faculty, Isfahan University of Medical Science,
Hezar jarib Ave, Isfahan**City**

Isfahan

Postal code

8174673461

Approval date

2010-05-29, 1389/03/08

Ethics committee reference number

39178

Health conditions studied**1****Description of health condition studied**colony forming units of salivary streptococcus mutans
and lactobacilli**ICD-10 code**

A49.1

ICD-10 code description

Streptococcal infection, unspecified

Primary outcomes**1****Description**

streptococcus mutans colony count

Timepoint

at the baseline/after 1 week/after 2 weeks

Method of measurement

cfu/ml (colony forming unit in milliliter of saliva)

2**Description**

lactobacilli colony count

Timepoint

at the baseline/after 1 week/after 2 weeks

Method of measurement

cfu/ml (colony forming unit in milliliter of saliva)

Secondary outcomes

empty

Intervention groups**1****Description**Intervention group: not to intake cheese in any way for 1
week then consume 50 grams probiotic cheese twice
daily at breakfast and dinner for 2 weeks**Category**

Prevention

2**Description**(control group)not to intake cheese in any way for 1week
then consume50 gram conventional cheese twice daily
at breakfast and dinner for 2 weeks**Category**

Prevention

Recruitment centers**1****Recruitment center****Name of recruitment center**Pediatric Department of Dental Faculty of Isfahan
University of Medical Sciences**Full name of responsible person**

Dr Najme Akhlaghi, Resident of Pediatric Dentistry

Street addressPediatric Department of Dental Faculty of Isfahan
University of Medical Sciences, Hezar jarib Ave,
Isfahan**City**

Isfahan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Dental Faculty of Isfahan University of Medical Sciences

Full name of responsible person

Dr Mahnaz Sheikhi

Street address

Dental Faculty of Isfahan University of Medical Sciences, Hezar jarib Ave, Isfahan

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Isfahan

Grant name

10/12

Grant code / Reference number

39178

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Dental Faculty of Isfahan University of Medical Sciences

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin**Type of organization providing the funding**

empty

Person responsible for general inquiries

Contact**Name of organization / entity**

Dental Faculty of Isfahan University of Medical Sciences

Full name of responsible person

Najme Akhlaghi

Position

Assistant of Pediatric Dentistry Department

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Person responsible for scientific inquiries

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Person responsible for updating data

Contact**Name of organization / entity**

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Full name of responsible person

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty

Study Protocol

empty

Statistical Analysis Plan

empty
Informed Consent Form
empty
Clinical Study Report
empty

Analytic Code
empty
Data Dictionary
empty