Conclusion: Combination of lactobacillus and bifidobacterium species reduced all cause mortality. Combination of Bacillus and Enterococcus; Bifidobacterium and Strep salivarius cause largest reduction in NEC development. Combination of Lactobacillus, Bifidobacterium, Saccharomyces reduces time to full feeding.

"Lactobacillus & Bifidobacterium species may be beneficial to reduce mortality and NEC in pre-term infants. Probiotic strains and dosages should be carefully chosen. Doses between 1 – 5 x 10^9 colony forming units/g can be used safely & effectively. RCTs with single strain probiotics should be performed in India to make a general recommendation"