

## COMPLEX EXPERT EVALUATION OF PROBIOTICS AND SYNBIOTICS

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Recently, more and more common intestinal imbalance in people. Changes in the external environment, the Chernobyl accident, a variety of dietary supplements, the widespread use of antibiotics and chemotherapy, chronic diseases, reduced immunological reactivity transferred acute intestinal infections – all of which can cause imbalance between individuals in the normal intestinal flora and the occurrence of dysbiosis.

According to the Ministry of Health, intestinal dysbiosis found in 90% of adults and over 25% of children under one year [1,2].

The **aim** is a complex expert evaluation of probiotics and synbiotics.

**Research methods.** The paper used field research surveys of pharmacists and pharmacists. The studies were based on different ownership of pharmacies in the city Kharkov. Interviewed 50 experts.

Analysis of survey data on professional experts showed that the majority of respondents take the position of pharmacist – 71.3% and 28.7% post pharmacist. Most experts polled hold the post of deputy chief of pharmacy – 32.2%, while the post of head of the pharmacy occupies 26.7% post pharmacist – pharmacist position 24.5% – 16.6%. Thus, 32.3% of the respondents have professional experience of 5 to 10 years; from 10 to 20 years – 20.4%; 1 to 5 years – 18.4%; from 20 to 30 years – 16.2%; experience over 30 years with 12.7%.

**Results.** The analysis established drugs that have the greatest demand among the population, according to experts, lineks "Sandoz" (Slovenia), biform "Ferossan" (Denmark) (by 9.5 points out of 10 points) laktovit forte Mili Healthcare (UK ) (9.3 points), yogurt "Pharmascience Inc." (Canada) (9.2 points), hilak forte "Merckle GmbH" / "Ratiopharm International GmbH" (Germany) (8.7 points), duphalac (8.5 points). "Popularity" of these drugs due to their active advertising campaign and a doctor.

The results of benefits professionals with recommendations to patients probiotics and synbiotic preparations indicate that most experts prefer the following drugs: lineks "Sandoz" (Slovenia), bifiform "Ferossan" (Denmark), laktovit forte Mili Healthcare (UK).

In the next stage studies evaluated the effect of individual characteristics on the choice of drug experts.

Pharmacist recommending medication probiotics and synbiotic medications primarily pay attention to efficiency (42%) and security (36%) and the cost (13%) and manufacturers (9%).

### **Conclusions:**

1. A complex expert evaluation of probiotics and synbiotics has been studied.
2. Established drugs that have the greatest demand among the population, according to experts. Among them, lineks, bifiform, laktovit forte, yogurt, hilak forte, duphalac.
3. An evaluation of the impact of individual characteristics on the choice of drug experts. Pharmacist recommending medication probiotics and synbiotic medications primarily pay attention to the efficiency, safety, and the value and manufacturers.

### **Reference:**

1. Anandharaj M. Effects of Probiotics, Prebiotics, and Synbiotics on Hypercholesterolemia: A Review / Marimuthu Anandharaj, Balayogan Sivasankari, and Rizwana Parveen Rani // Chinese Journal of Biology. – Volume 2014 (2014), Article ID 572754. – Electronic resource. – Access: <http://www.hindawi.com/journals/cjb/2014/572754/>

2. Determining the probiotic potential of cholesterol-reducing Lactobacillus and Weissella strains isolated from gherkins (fermented cucumber) and south Indian fermented koozh, Research in Microbiology, vol. 166, no. 5, pp. 428–439, 2015.