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Impact of Symprove in Ehlers-Danlos Syndrome

Submission date
26/02/2026

Recruitment status
No longer recruiting

Registration date
26/02/2026

Overall study status
Completed

Last Edited
15/09/2026

Condition category
Genetic Diseases

[X] Prospectively registered
[_] Protocol
[_] Statistical analysis plan
[_] Results
[_] Individual participant data
[X] Record updated in last year

Plain English summary of protocol

Background and study aims
The Ehlers-Danlos syndromes (EDS) are a group of 13 heritable connective tissue disorders that affect around 6000
people in the UK. Quality of life in people with EDS can be reduced due to chronic fatigue, joint dislocations and gastrointestinal symptoms. Management of gut symptoms in clinical practice is challenging and generally targeted to
a specific symptom. Gut microbiome-targeted therapies, such as probiotics, have gained attention for their potential
role on the gut microbiome. Gut supplements may be considered a novel strategy for supporting symptom management in people with EDS and warrant further exploration.
The aim of our pilot study is to assess the impact of a food supplement called Symprove on EDS symptoms. Symprove
is a water-based solution that contains billions of live and active bacteria, which can help stimulate the good bacteria already in the gut.

Who can participate?
Patients aged 18-75 years with EDS. All participants will be recruited through Ehlers-Danlos Support UK.

What does the study involve?
This is a non-randomised virtual study which does not involve any study visits. After providing consent to take part
using an online consent form, all participants will receive a 12-week course of Symprove to take once a day.
Participants will also receive a link to complete an online study survey about their symptoms at the beginning of the
study before starting Symprove (baseline) and at weeks 6 and 12 (follow-up). To assess the impact of Symprove we
will compare the follow-up data to baseline.

What are the possible benefits and risks of participating?
Although participants may not receive any health benefit from taking part, research like this can improve our understanding of Ehlers-Danlos Syndrome (EDS) and help develop new ways to manage it in the future. All participants who complete the study will receive a code for an

additional free 12-week course of Symprove if they would like to continue after the study. A small number of people may experience mild gut disturbances (such as bloating or change in bowel habit) when they first start taking Symprove. Disturbances will usually resolve in the first few weeks.

Where is the study run from?
Symprove Ltd (UK)

When is the study starting and how long is it expected to run for?
March 2026 to June 2026

Who is funding the study?
Symprove Ltd (UK)

Who is the main contact?
EDS Support UK, research@ehlers-danlos.org

Contact information

Type(s)
Public

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Additional identifiers

Integrated Research Application System (IRAS)
364450

Study information

Scientific Title
A single-arm, decentralised, real-world evidence pilot study to assess the impact of Symprove in people with Ehlers-
Danlos Syndrome (EDS)

Study objectives
The aim of this pilot study is to explore the effects of Symprove (70 ml per day) in people with Ehlers-Danlos Syndrome. The objective is to undertake a 12-week single-arm real world evidence study in this population to understand the impact on quality of life, gastrointestinal symptoms, mental health and adverse events.

Ethics approval required
Ethics approval required

Ethics approval(s)
Approved 04/02/2026, North West - Preston Research Ethics Committee (2 Redman Place Stratford, London, E20 1JQ, United Kingdom; N/A; preston.rec@hra.nhs.uk), ref: 26/NW/0017

Primary study design
Interventional

Allocation
N/A: single arm study

Masking
Open (masking not used)

Control

Uncontrolled

Assignment
Single

Purpose
Supportive care

Study type(s)

Health condition(s) or problem(s) studied
Ehlers-Danlos syndromes

Interventions
All participants will receive a 12-week course of Symprove (70 ml per day), a water-based solution that contains billions of live and active bacteria. The water-based formula makes sure that the bacteria are alive, active and ready to help stimulate the good bacteria already in the gut. After completing a screening questionnaire, an online consent form and a baseline survey, participants will be able to order Symprove using a unique code. Participants will also complete study surveys at weeks 6 and 12. The study does not involve any study visits.

Intervention Type
Supplement

Primary outcome(s)
1. Quality-of-life measured using EQ-5D-5L questionnaire at baseline, week 6, week 12

Key secondary outcome(s)
1. Gastrointestinal symptoms measured using the Gastrointestinal Symptom Rating Scale (GSRS) at baseline, weeks 6 and 12

2. Mental health measured using the Hospital Anxiety and Depression Scale (HADS) at baseline, weeks 6 and 12

3. Patient experience measured using study-specific questions (non-validated) at weeks 6 and 12

4. Adverse events/side effects measured using patient report on study surveys at weeks 6 and 12

Completion date
06/06/2026

Eligibility

Key inclusion criteria
1. Adults (18-75 years) resident in the UK who have either self-diagnosed or received a medical diagnosis of EDS (any
subtype)

Healthy volunteers allowed
No

Age group
Mixed

Lower age limit
18 Years

Upper age limit
75 Years

Sex
All

Total final enrolment
274

Key exclusion criteria
1. Currently taking probiotics or prebiotics supplements (e.g. Bimuno) or yogurts containing probiotics (e.g. Yakult,
Actimel)
2. Taken Symprove in the last 3 months
3. Taken antibiotics in the last 4 weeks
4. Diagnosed with gut conditions other than DGBIs, such as inflammatory bowel disease (e.g. Crohn's disease or
ulcerative colitis), coeliac disease, hepatitis, gallstones
5. Received gastrointestinal surgery, cancer treatment or been hospitalised in the last 6 months
6. Experiencing any psychological issues (such as depression, bipolar illness, psychosis) that are unstable and/or
have recently changed medications for psychological issues
7. Diagnosed with any significant heart, lung or kidney issues
8. Currently pregnant or breastfeeding
9. Patients taking part in other interventional research where they are receiving treatment

Date of first enrolment
09/03/2026

Date of final enrolment
11/03/2026

Locations

Countries of recruitment
United Kingdom

England

Study participating centre
EDS Support UK
International House, 45-55 Commercial Street
London

England
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Sponsor information

Organisation
Symprove Ltd

Funder(s)

Funder type

Funder Name
Symprove Ltd

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not expected to be made available