

# Examining the Impact of Weizmannia (Bacillus) Coagulans JBI-YZ6.3 on Gut Health and Fecal Microbiome Changes

IRB #: 25-41

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Laboratory: Exercise and Performance Nutrition Laboratory, Lindenwood University

## Study Overview

The purpose of this study is to examine how supplementation with Weizmannia (Bacillus) coagulans JBI-YZ6.3 affects gut health in healthy, physically active men and women. This probiotic is a beneficial type of bacteria that produces lactic acid and is designed to support digestive function and overall gastrointestinal wellness. Probiotics like *W. coagulans* have gained attention for their potential role in improving common digestive symptoms and supporting a healthy gut environment.

Weizmannia (Bacillus) coagulans JBI-YZ6.3 is a spore-forming probiotic that is considered safe for healthy adults and is able to survive digestion to reach the gut. While early research suggests this strain may help support immune and digestive health, more research is needed to understand its effects in physically active adults. This study aims to better understand how this specific probiotic strain influences gut health over time.

Participants will take either the probiotic supplement or a placebo daily during two supplementation periods, separated by a washout period. All study visits and testing are supervised by trained research staff, and participant safety is a priority throughout the study.

## Participation at a Glance

- Total Study Duration: 12 Weeks
- Number of Visits: Screening Visit + 4 Visits
- Time per Visit: 30-120 min each
- Supplementation: Participants will consume both the active supplement and the placebo during the study, but in a random order. Supplements are provided in capsule form and will be taken daily. Each supplement will be taken for a 4-week period, with a washout period in between before switching to the other condition.
  - Active: Weizmannia (Bacillus) Coagulans JBI-YZ6.3
  - Placebo: Microcrystalline Cellulose
- Participant Pre-Visit Requirements (Visit 1 only):
  - 8-hour food and fluid fast
  - Abstain from exercise/caffeine/alcohol for 12 hours
- Compensation: \$250 with Direct Deposit

## How to Get Started

1. Complete the [screening form](#).
2. Our team will review your info and contact you with eligibility.
3. If eligible, we will schedule the Screening Visit (see next section for details).
4. Screening Visit includes: informed consent, intake paperwork (health history, study questionnaires), and instructions for collecting a fecal sample and completing a 3-day food log before Visit 1.

## Study Visit(s) Outline

	Screening Visit	Supplementation Period 1		4-Week Washout Period	Supplementation Period 2	
		Visit 1 (Week 0)	Visit 2 (Week 4)		Visit 3 (Week 8)	Visit 4 (Week 12)
Visit Length	~30 mins	~30 mins	~30 mins		~30 mins	~30 mins
Consent	X					
Screening	X					
Height & Body Mass		X	X		X	X
Resting Heart Rate/Blood Pressure		X	X		X	X
Body Composition (InBody)		X				
3-Day Food Record		X			X	
Fecal Sample Collection		X	X		X	X
Questionnaires: Gut Health		X	X		X	X
Adverse Event Monitoring		X	X		X	X
Daily Supplement Diary		Placebo or Weizmania Probiotic			Placebo or Weizmania Probiotic	
Supplementation Compliance		Online Log			Online Log	
Provide Compensation						X

## Procedure Details

- **InBody Scan** – This scan measures body composition, including body fat, muscle mass, and total body water. Participants stand barefoot on the device and hold handles while remaining still for the test. The test takes approximately 1-2 minutes to complete.
- **3-Day Food Log** – This log helps researchers understand typical dietary intake. Participants will record all food and drinks consumed over the three days prior to their Visit 1 and Visit 3 using an online food record system. Completing the log typically takes 10-15 minutes per day.
- **Fecal Sample Collection** – This sample helps researchers evaluate how the study supplement may influence gut health and metabolism. Participants will collect four small fecal samples at home: within 24 hours before Visit 1 (Week 0), Visit 2 (Week 4), Visit 3 (Week 8), and Visit 4 (Week 12). Samples are collected before any in-lab testing using materials and step-by-step instructions provided by the research team.
- **Questionnaires** – Participants will complete short questionnaires related to gut health and gastrointestinal symptoms. These surveys help researchers understand how participants feel throughout the study. Completion time is approximately 5–10 minutes.

## Compensation & Benefits

- Total Compensation Amount: \$250
- Compensation Distribution: paperwork will be completed and filed during the final research visit. It typically takes 2-4 weeks for the university and your bank account to process.
- Non-monetary Benefits: Body Composition Results
- You will receive no direct benefits for completing this study. We hope what we learn may benefit other people in the future.

## Risks & Safety

- *Privacy and Confidentiality:* We are collecting data that could identify you, such as name, phone number, and email address. Every effort will be made to keep your information secure. Only research team members can see any data that may identify you.
- *Risk of Adverse Events from Supplementation:* Probiotic supplementation may cause mild gastrointestinal symptoms such as bloating, gas, or changes in digestion. These effects are generally not harmful and may vary between individuals, particularly those who are not accustomed to taking probiotic or postbiotic supplements.

## Frequently Asked Questions (FAQs)

**Q: Will I receive my test results?**

A: Yes. You will be provided with a summary of your results for body composition at the end of your participation.

**Q: Can I withdraw from the study at any time?**

A: It is always your choice to participate in this study. You may withdraw at any time. You may choose not to answer any questions or perform tasks that make you uncomfortable. If you decide to withdraw, you will not receive any penalty or loss of benefits. If you would like to withdraw from a study, you can contact the research team at [epnl@lindenwood.edu](mailto:epnl@lindenwood.edu) or (636) 949-4676; the Principal Investigator, Chad Kerksick, PhD directly at (636) 627-4629 or [ckerkicksick@lindenwood.edu](mailto:ckerkicksick@lindenwood.edu). You may also contact the laboratory coordinator, Anthony Hagele at (636) 949-4785 or [ahagele@lindenwood.edu](mailto:ahagele@lindenwood.edu).

**Q: Will my information be kept private?**

A: We will do everything we can to protect your privacy. We do not intend to include information that could identify you in any publication or presentation. Any information we collect will be stored by the researcher in a secure location. The only people who will be able to see your data are: members of the research team, qualified staff of Lindenwood University, representatives of state or federal agencies.

**Q: What if I miss a visit?**

A: Contact the research team as soon as possible. We will attempt to reschedule within the study timeframe, when possible.

**Q: Do I have to be an athlete or highly trained?**

A: No. You do not need to be a competitive or elite athlete to participate. This study is designed for physically active adults, not high-level athletes. Individuals who regularly exercise for at least 30 minutes on 4 or more days per week at a moderate effort level are eligible.

We are excluding professional, semi-professional, and collegiate athletes (e.g., NCAA or comparable leagues) due to differences in training demands. However, individuals who stay active, participate in recreational sports, adult leagues, fitness classes, or occasional races (such as road races or masters' events) are welcome to apply.

**Q: Can I bring a friend or family member to visits?**

A: Yes, you are welcome to bring a friend or family member to your visits. They will not take part in the study procedures, but they are welcome to wait in the designated areas during your appointment.

**Q: What if I have dietary restrictions or allergies?**

A: If you have dietary restrictions or allergies, please let the research team know. We will review them with you to ensure the study procedures and any provided products are safe and appropriate for you.

## Location

Lindenwood University  
Exercise and Performance Nutrition Laboratory (EPNL)  
Fieldhouse, Rm 126  
209 S Kingshighway St., Saint Charles, MO 63301

