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GUT FEELING

A new treatment for irritable bowel syndrome (IBS) could be a lifeline for some of Britain's 9m sufferers. **Symprove**, a nondairy probiotic drink, has been undergoing trials at King's College Hospital, London, and has shown good results. Symprove is unusual in treating all the symptoms of IBS (pain, bloating, altered bowel habits) at once, and without side effects. It contains four strains of live gut-friendly bacteria and, because it is water-based, they aren't digested in the stomach before they can do any good. RIP, Yakult. symprove.com

