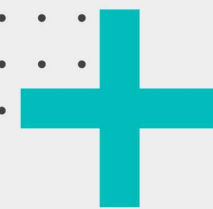


Supported By
Clinical Studies



Strain:
**The Greek
Superfood -
Chios Mastiha**

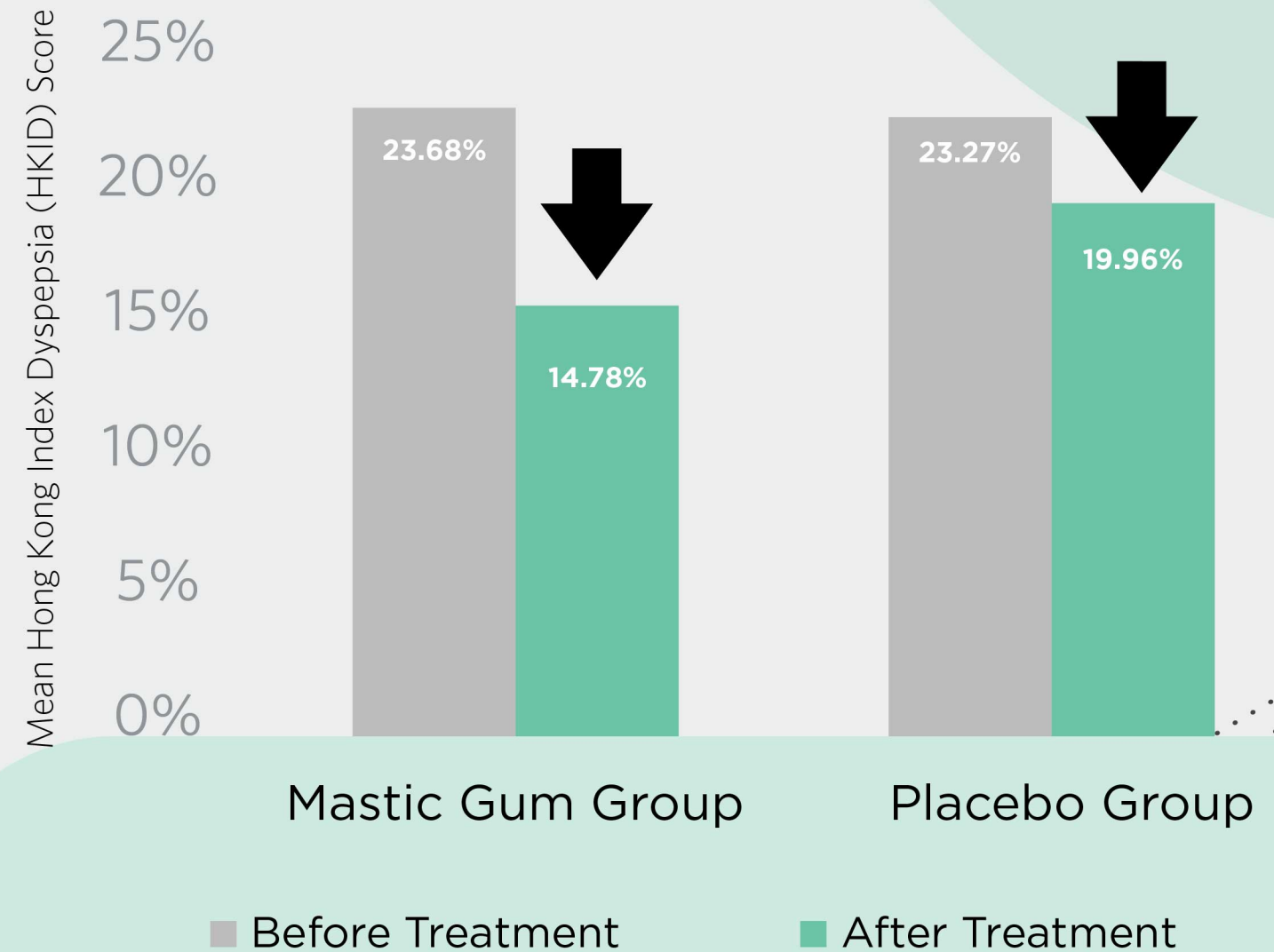


01

77%

patients showed **improvement** in **symptoms of functional dyspepsia** after taking mastic gum

Severity of Symptoms of Functional Dyspepsia



Source:

Dabos, K. J., Sfika, E., Vlatta, L. J., Frantzi, D., Amygdalos, G. I., & Giannikopoulos, G. (2010). Is Chios mastic gum effective in the treatment of functional dyspepsia? A prospective randomised double-blind placebo controlled trial. *Journal of ethnopharmacology*, 127(2), 205-209.

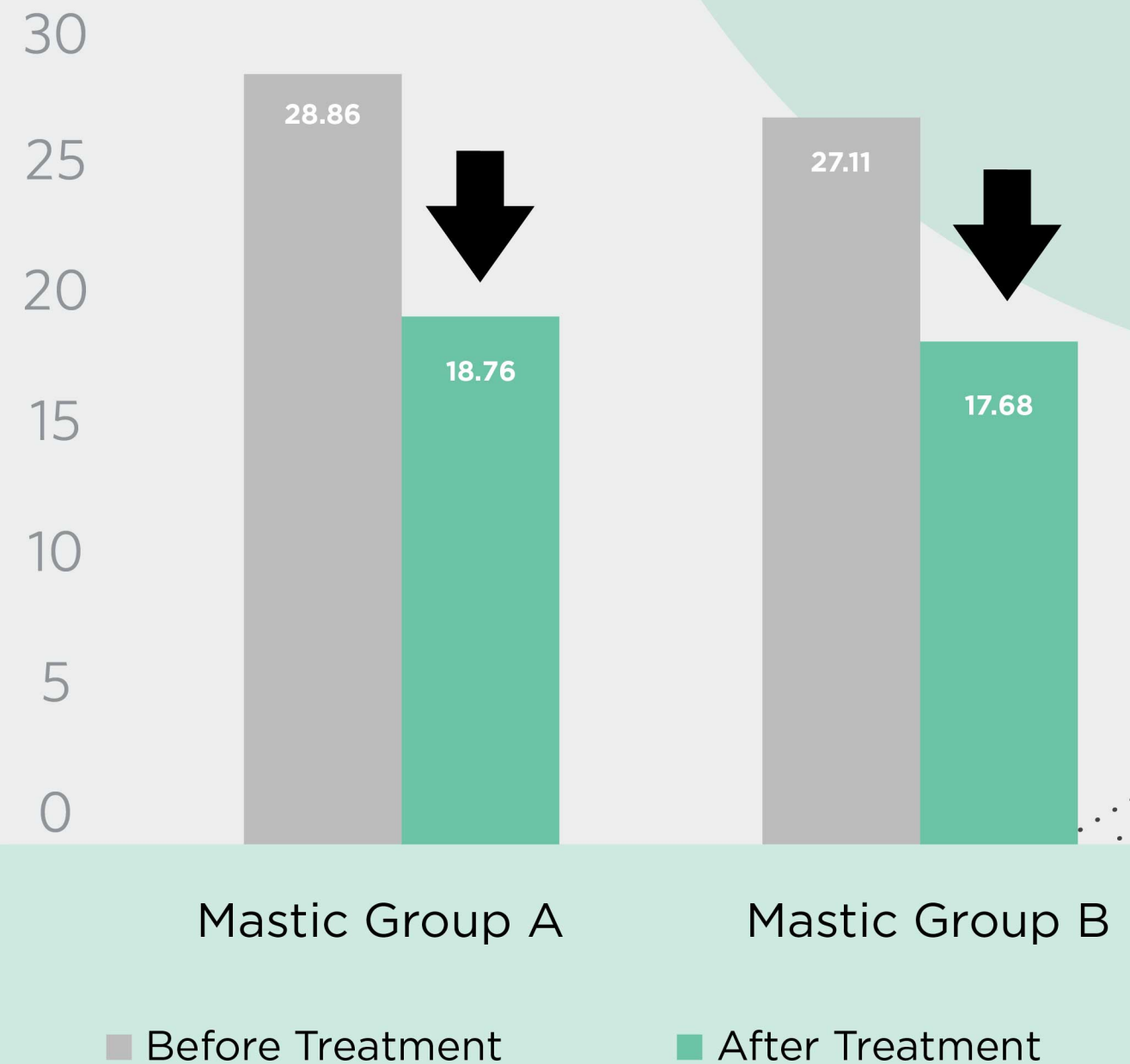
02

25%

participants **cleared the infection** of *Helicobacter pylori* after **chewing mastic gum** for two weeks

Source:
Dabos, K. J., Sfika, E., Vlatta, L. J., & Giannikopoulos, G. (2010). The effect of mastic gum on *Helicobacter pylori*: a randomized pilot study. *Phytomedicine : international journal of phytotherapy and phytopharmacology*, 17(3-4), 296-299. <https://doi.org/10.1016/j.phymed.2009.09.010>

Urea Breath Test (UBT)



Strain:

Bifidobacterium
***longum* BB536**

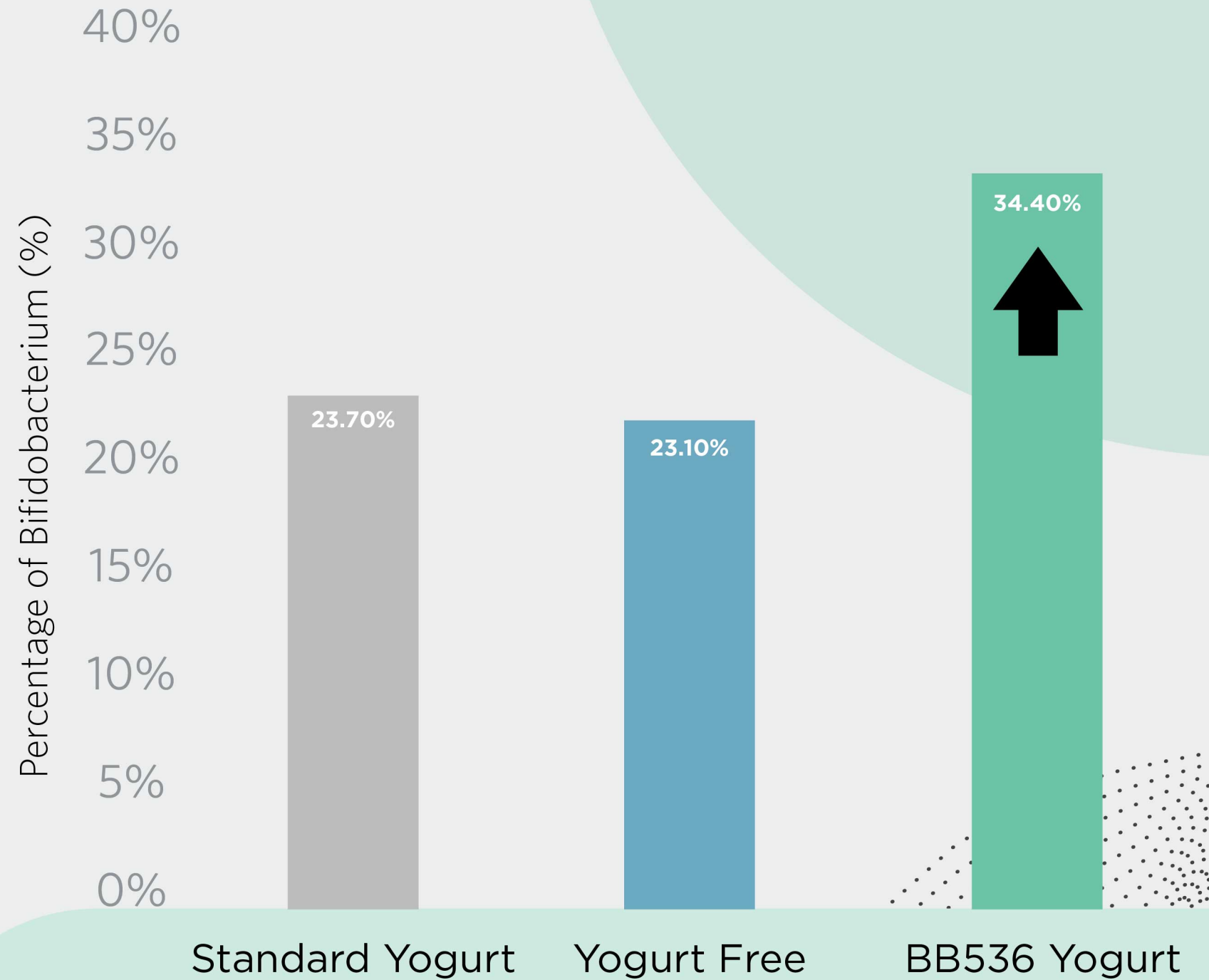


01

Significant Increase

in the number of *Bifidobacterium*

Demonstrates that probiotics can colonize the intestinal tract via gastric acid



Source:
Yaeshima, T., Takahashi, S., Matsumoto, N., ISHIBASHI, N., Hayasawa, H., & Iino, H. (1997). Effect of Yogurt Containing Bifidobacterium longum BB536 on the Intestinal Environment, Fecal Characteristics and Defecation Frequency A Comparison with Standard Yogurt. Bioscience and Microflora, 16(2), 73-77.

02

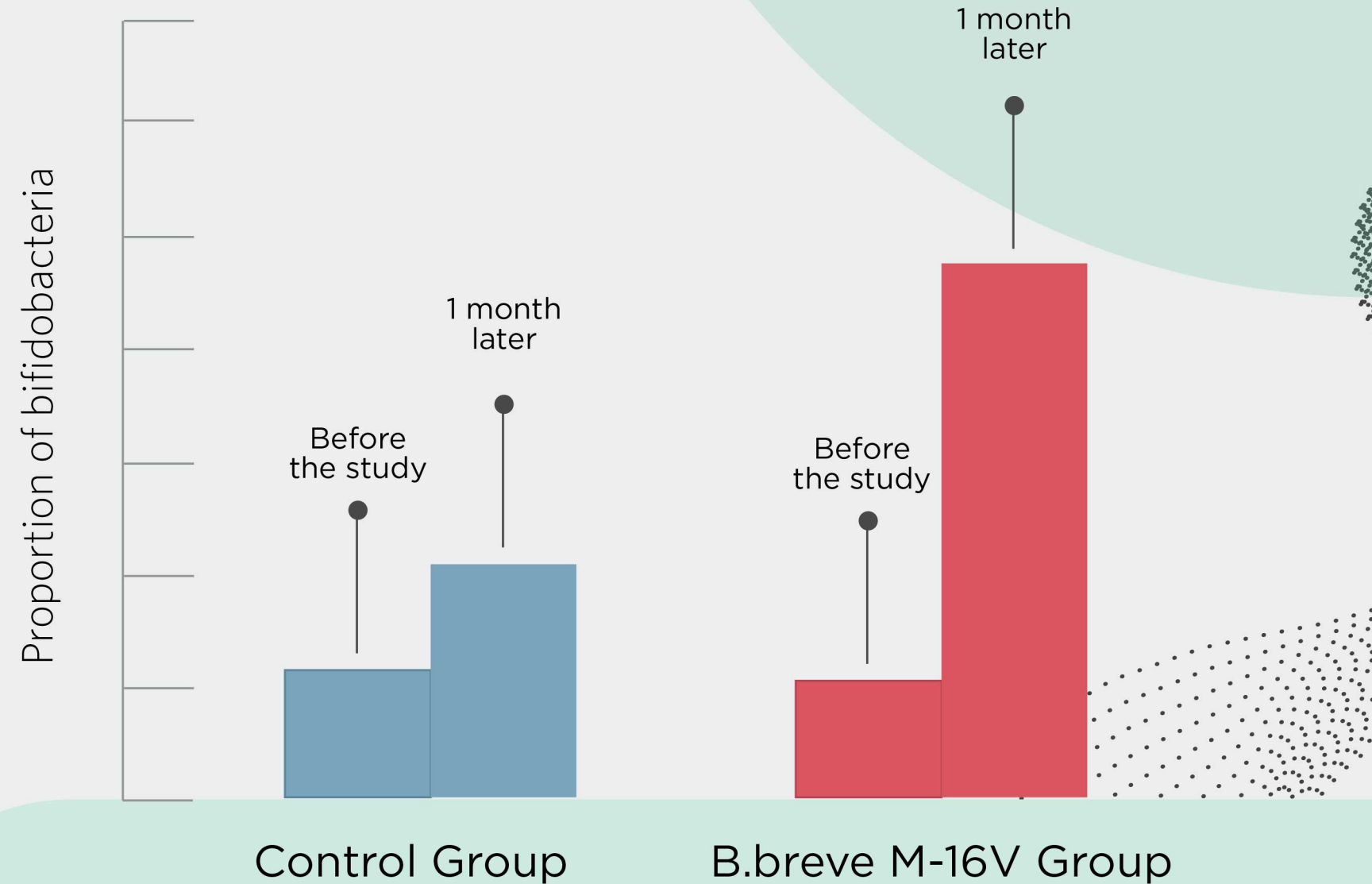
Significant Increase

in the number of *Bifidobacterium*

Demonstrates that probiotics can colonize the intestinal tract via gastric acid

Source:
Hattori K., Yamamoto A., Sasai M., Taniuchi S., Kojima T., Kobayashi Y., Iwamoto H., Namba K., & Yaeshima T. (2003). Effects of Administration of Lyophilized Bifidobacterial Preparation of Fecal Microflora and Allergic Symptoms in Infants with Atopic Dermatitis. *Japanese Journal of Allergology*. 52, 20-30.

Proportion of bifidobacteria after B.breve M-16V administration



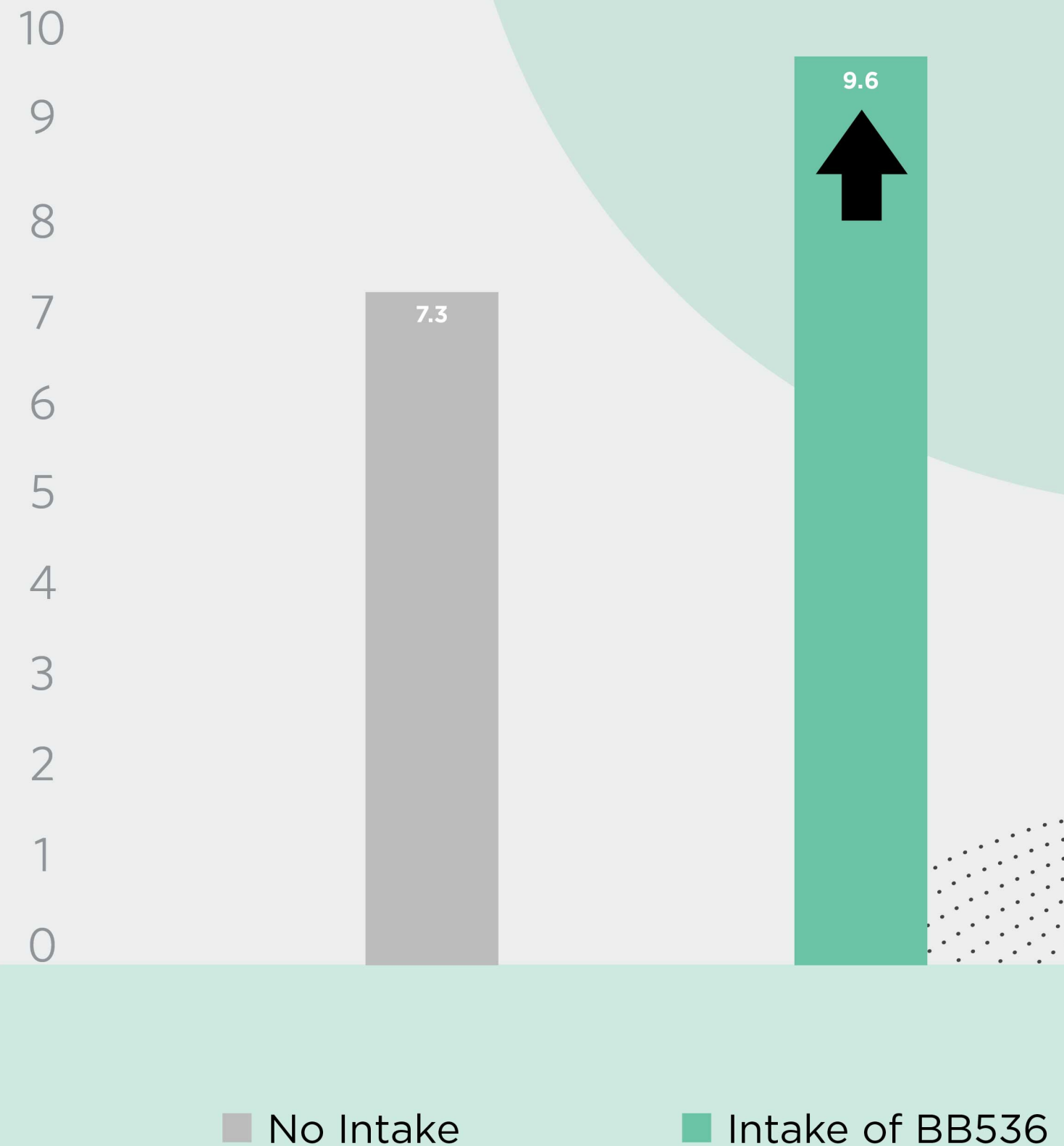
03

17.4%

Improvement in defecation
frequency (bowel movement) after
intake of BB536 for 2 weeks

Source:
Xiao J, Kondo S, Odamaki T, Miyagi K, Yaeshima T, Iwatsuki K, et al. Effect of yogurt containing Bifidobacterium longum BB536 on the defecation frequency and fecal characteristics of healthy adults: A double-blind cross over study. Japanese J Lact Acid Bact. 2007;18(1):31-6.

Defecation Frequency / 2 Weeks

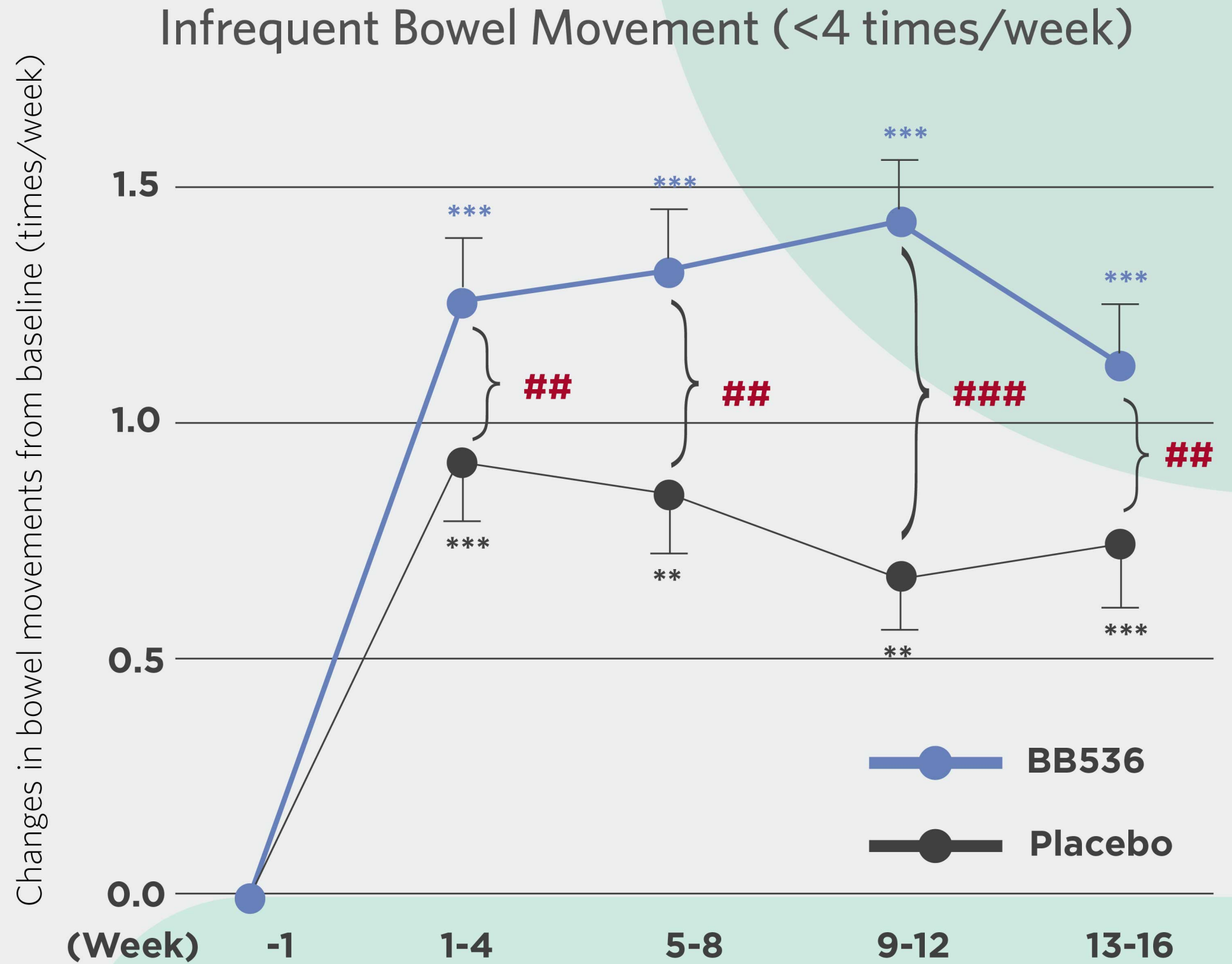


04

Significant Relief

in **constipation** for subjects having infrequent bowel movement of <4 time per week

Source:
Kondo, J., Xiao, J.Z., Shirahata, A., Baba, M., Abe, A., Ogawa, K., & Shimoda, T. (2013). Modulatory effects of Bifidobacterium longum BB536 on defecation in elderly patients receiving enteral feeding. World Journal of Gastroenterology: WJG, 19(14), 2162.



** P < 0.01 vs Week-1 group
*** P < 0.01 vs Week-1 group

P < 0.01 between groups
P < 0.001 between groups

05

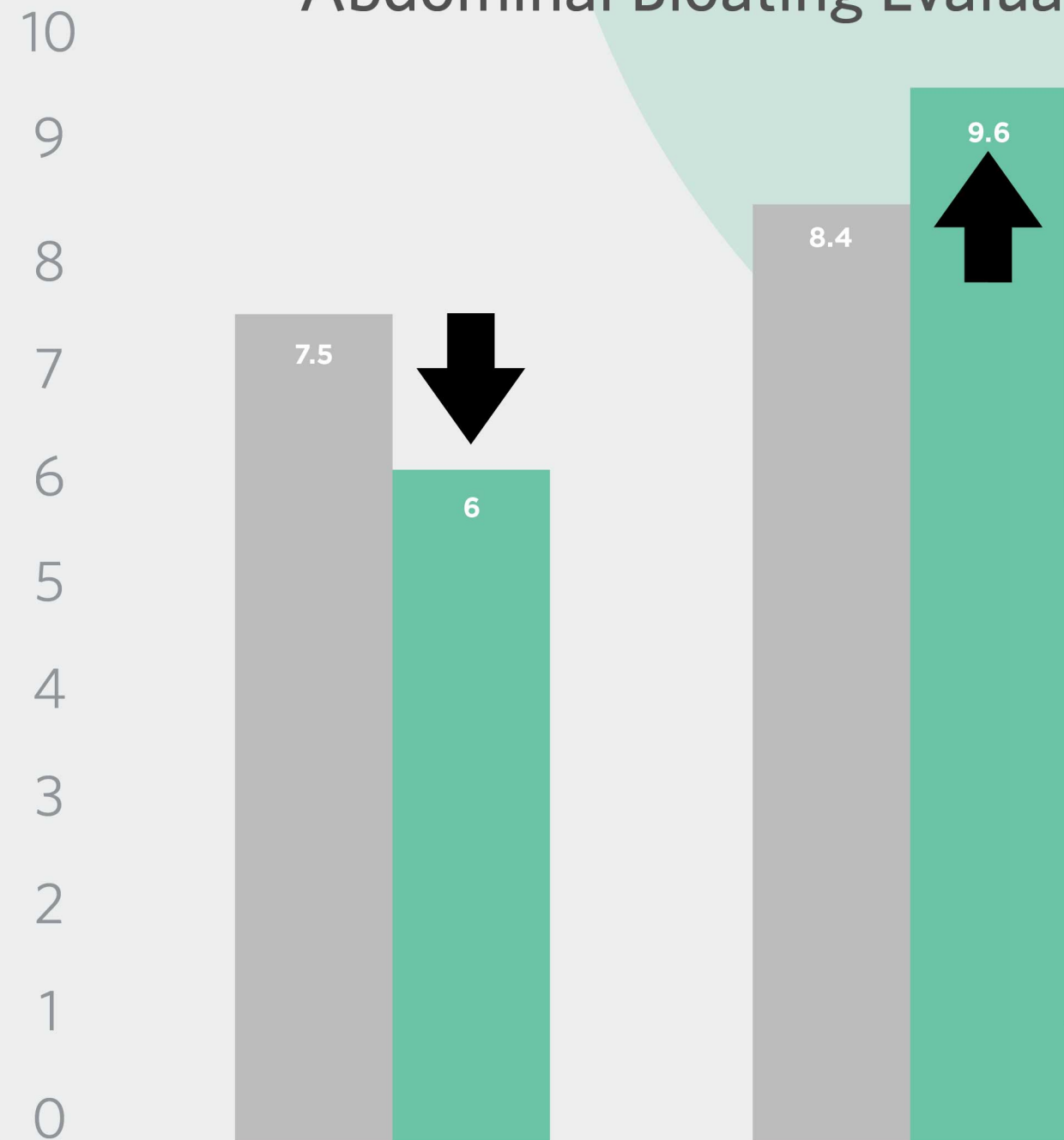
Improved

in Abdominal Bloating (Dialysis Patient)

Source:
Miyoshi, M., Kadoguchi, H., Usami, M., & Hori, Y. (2021), Synbiotics Improved Stool Form via Changes in the Microbiota and Short-Chain Fatty Acids in Hemodialysis Patients. The Kobe journal of the medical sciences, 67 (3), 112-118.

Visual Analogue Scale (VAS)

Abdominal Bloating Evaluation



BB536+Probiotic

Probiotic

■ Before

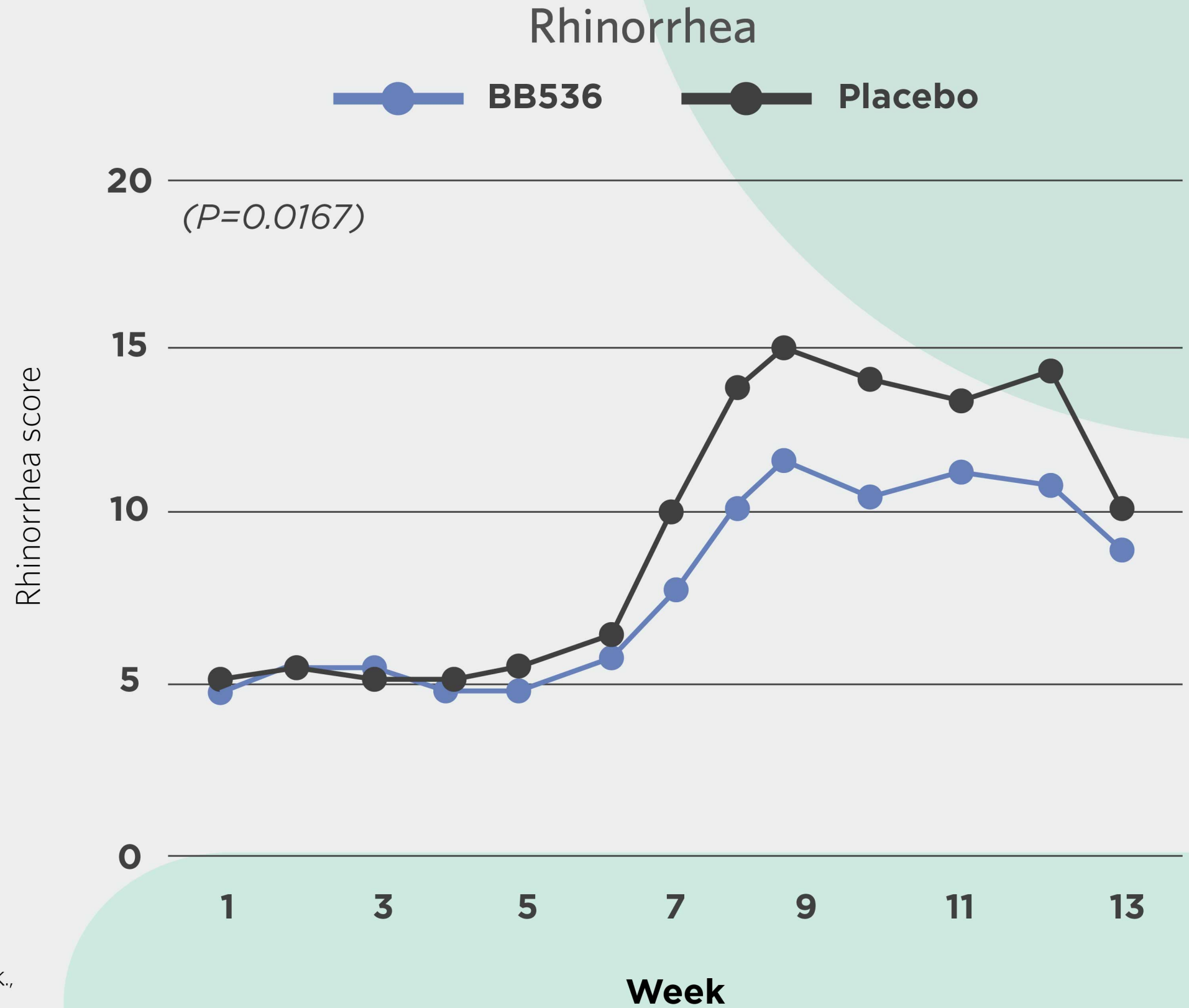
■ After

06.a

Significant Reduce

in allergic scores of rhinorrhea for 13 weeks

Source:
Xiao, J.Z., Kondo, S., Yanagisawa, N., Takahashi, N., Odamaki, T., Iwabuchi, N., Miyaji, K., Iwatsuki, K., Togashi, H., Enomoto, K. and Enomoto, T., 2006. Probiotics in the treatment of Japanese cedar pollinosis: a double-blind placebo-controlled trial. *Clinical & Experimental Allergy*, 36(11), pp.1425-1435.

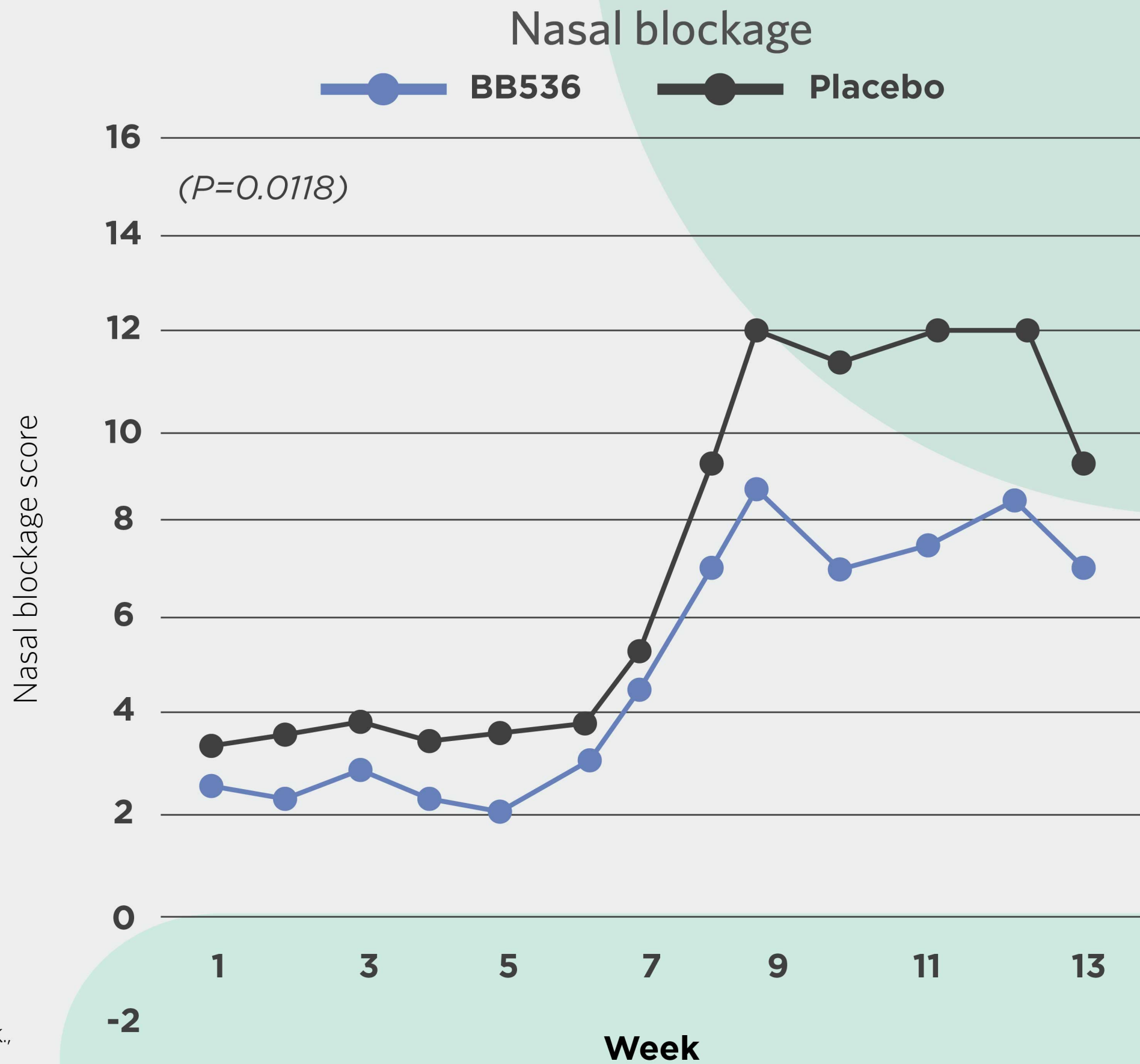


06.b

Significant Reduce

in allergic scores of nasal blockage for 13 weeks

Source:
Xiao, J.Z., Kondo, S., Yanagisawa, N., Takahashi, N., Odamaki, T., Iwabuchi, N., Miyaji, K., Iwatsuki, K., Togashi, H., Enomoto, K. and Enomoto, T., 2006. Probiotics in the treatment of Japanese cedar pollinosis: a double-blind placebo-controlled trial. *Clinical & Experimental Allergy*, 36(11), pp.1425-1435.

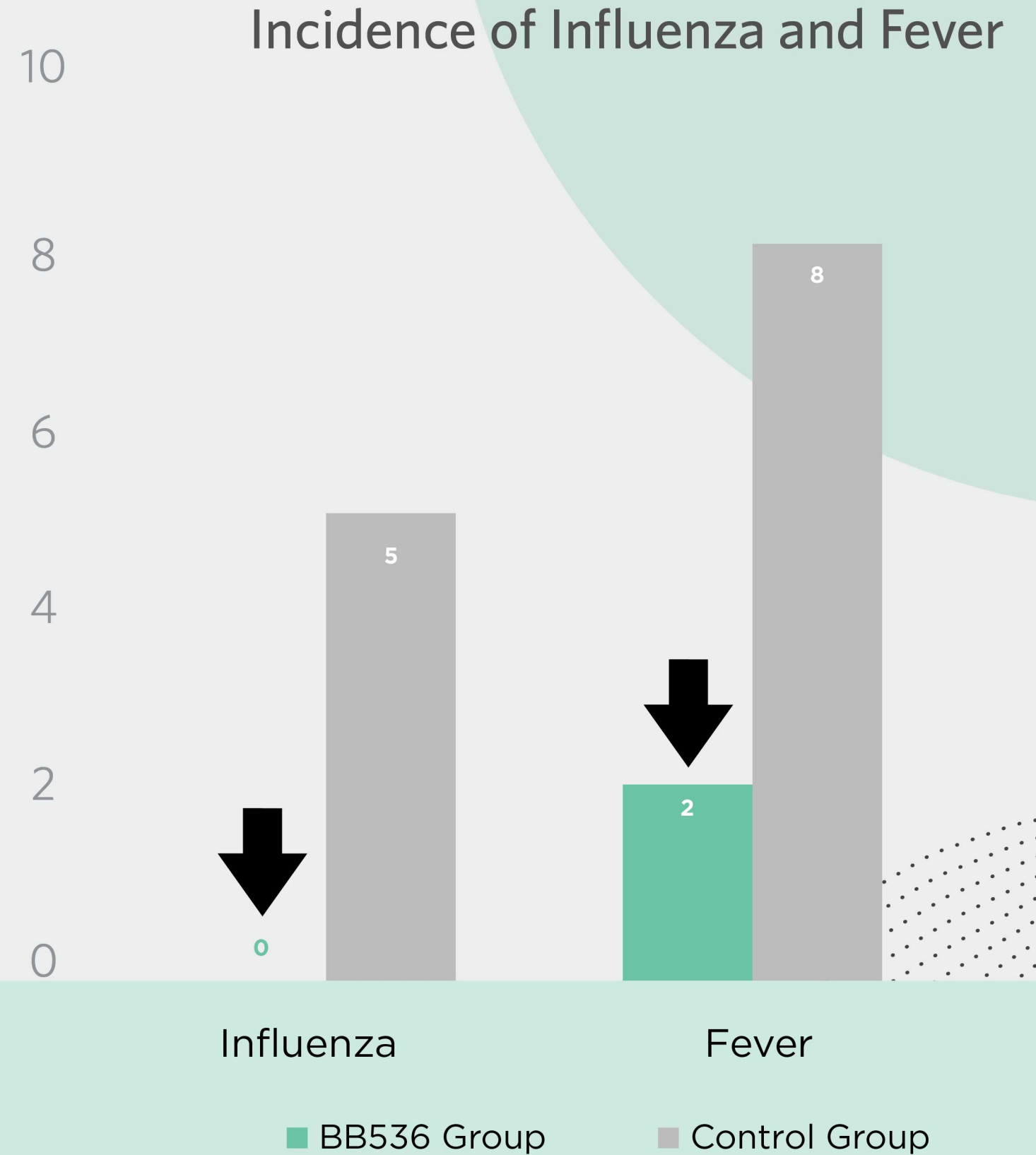


07

Significant Reduced

in incidence of **influenza & fever**

Source:
Namba, K., Hatano, M., Yaeshima, T., Takase, M., & Suzuki, K. (2010). Effects of Bifidobacterium longum BB536 administration on influenza infection, influenza vaccine antibody titer, and cell-mediated immunity in the elderly. *Bioscience, biotechnology, and biochemistry*, 74(5), 939-945. <https://doi.org/10.1271/bbb.90749>



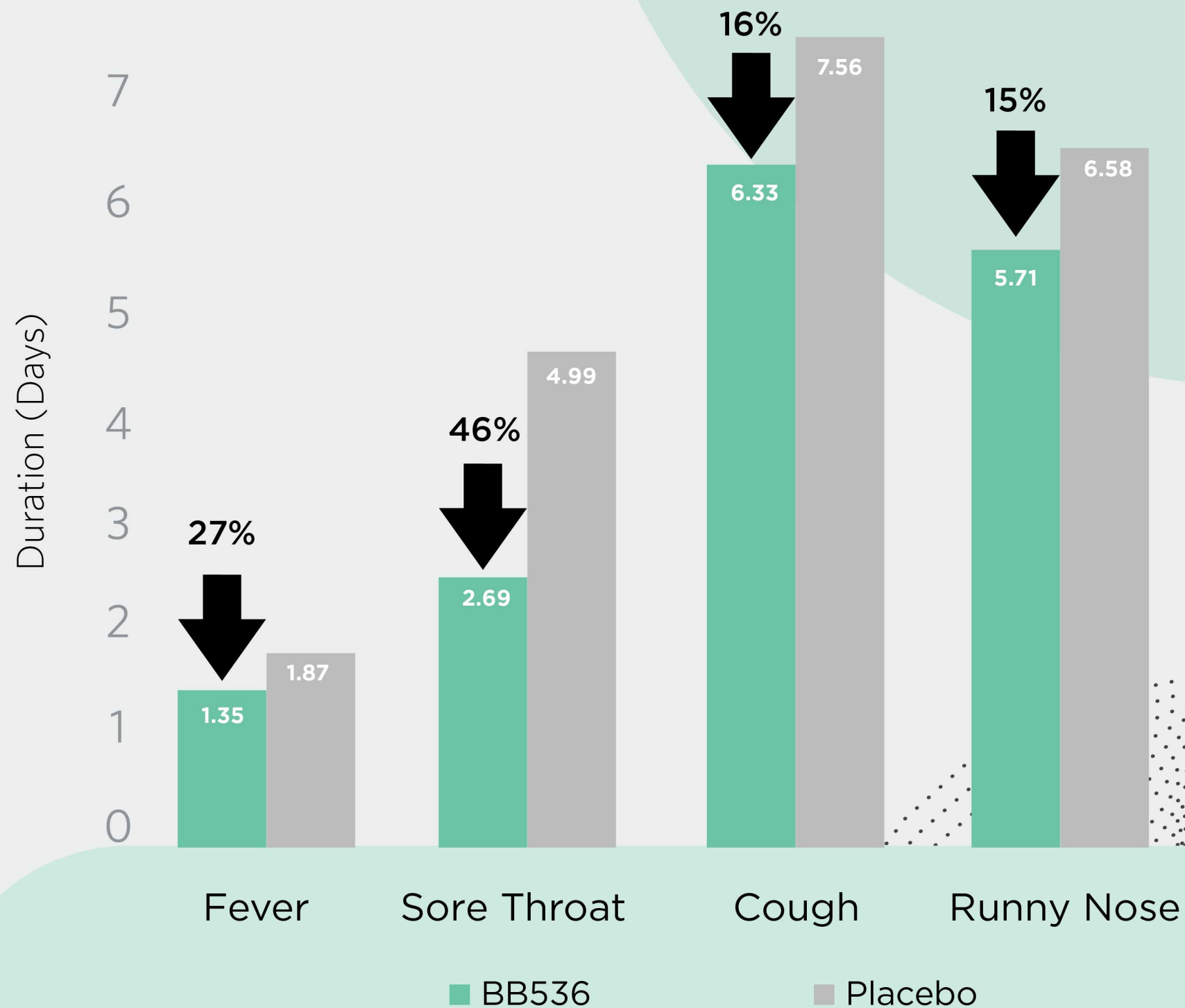
08

Improved Respiratory Illness

Reduction of duration of **sore throat** (-46%), **fever** (-27%), **cough** (-16%) and **running nose** (-15%)

Source:
Lau, A.S., Yanagisawa, N., Hor, Y.Y., Lew, L.C., Ong, J.S., Chuah, L.O., Lee, Y.Y., Choi, S.B., Rashid, F., Wahid, N., Sugahara, H., Xiao, J.Z., & Liong, M.T. (2018). Bifidobacterium longum BB536 alleviated upper respiratory illness and modulated gut microbiota profiles in Malaysian pre-school children. *Beneficial microbes*, 9 (1), 61-70.

Duration of Upper Respiratory Tract Infections (URTI)

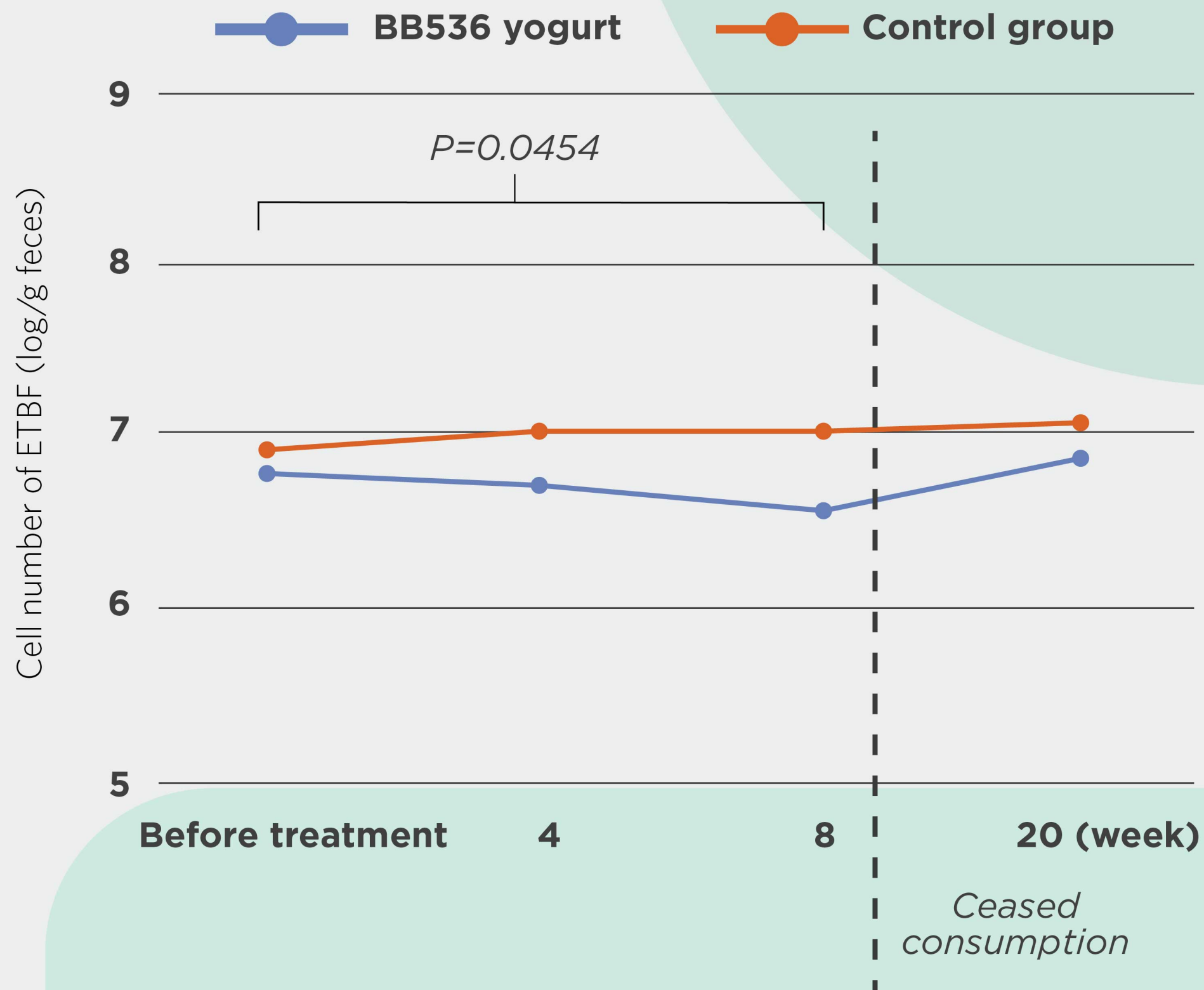


09

Significant effect

On the cell number of **Enterotoxigenic Bacteroides fragilis (ETBF)** in the gut microbiota for 8 weeks

Source:
Odamaki, T., Sugahara, H., Yonezawa, S., Yaeshima, T., Iwatsuki, K., Tanabe, S., Tominaga, T., Togashi, H., Benno, Y. and Xiao, J.Z., 2012. Effect of the oral intake of yogurt containing Bifidobacterium longum BB536 on the cell numbers of enterotoxigenic Bacteroides fragilis in microbiota. Anaerobe, 18(1), pp.14-18.

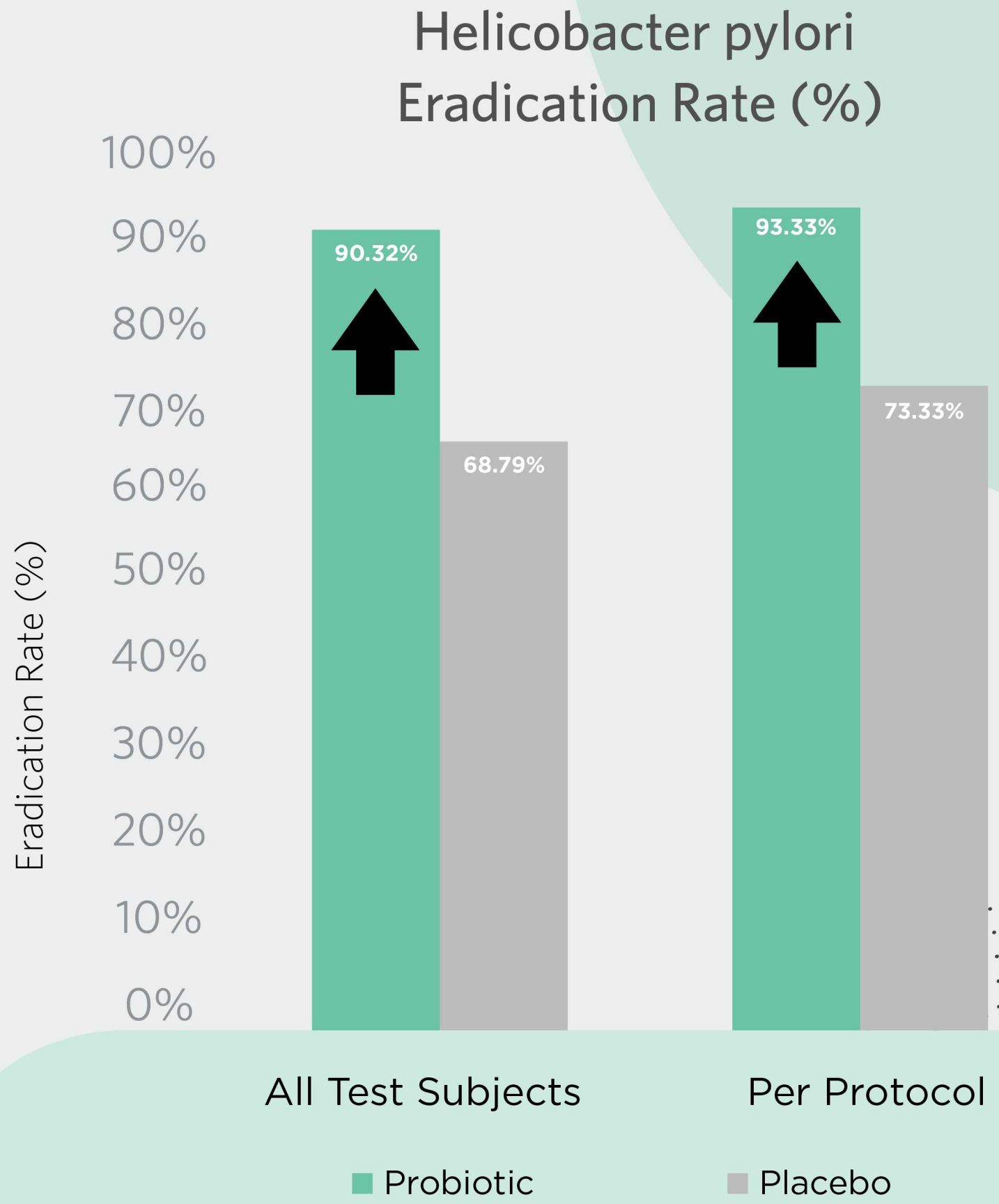


10

20%

Improvement in Eradication Rate of Helicobacter Pylori

Source:
Chitapanarux, T., Thongsawat, S., Pisesongsa, P., Leerapun, A., & Kijdamrongthum, P. (2015). Effect of Bifidobacterium longum on PPI-based triple therapy for eradication of Helicobacter pylori: a randomized, double-blind placebo-controlled study. Journal of Functional Foods, 13, 289-294



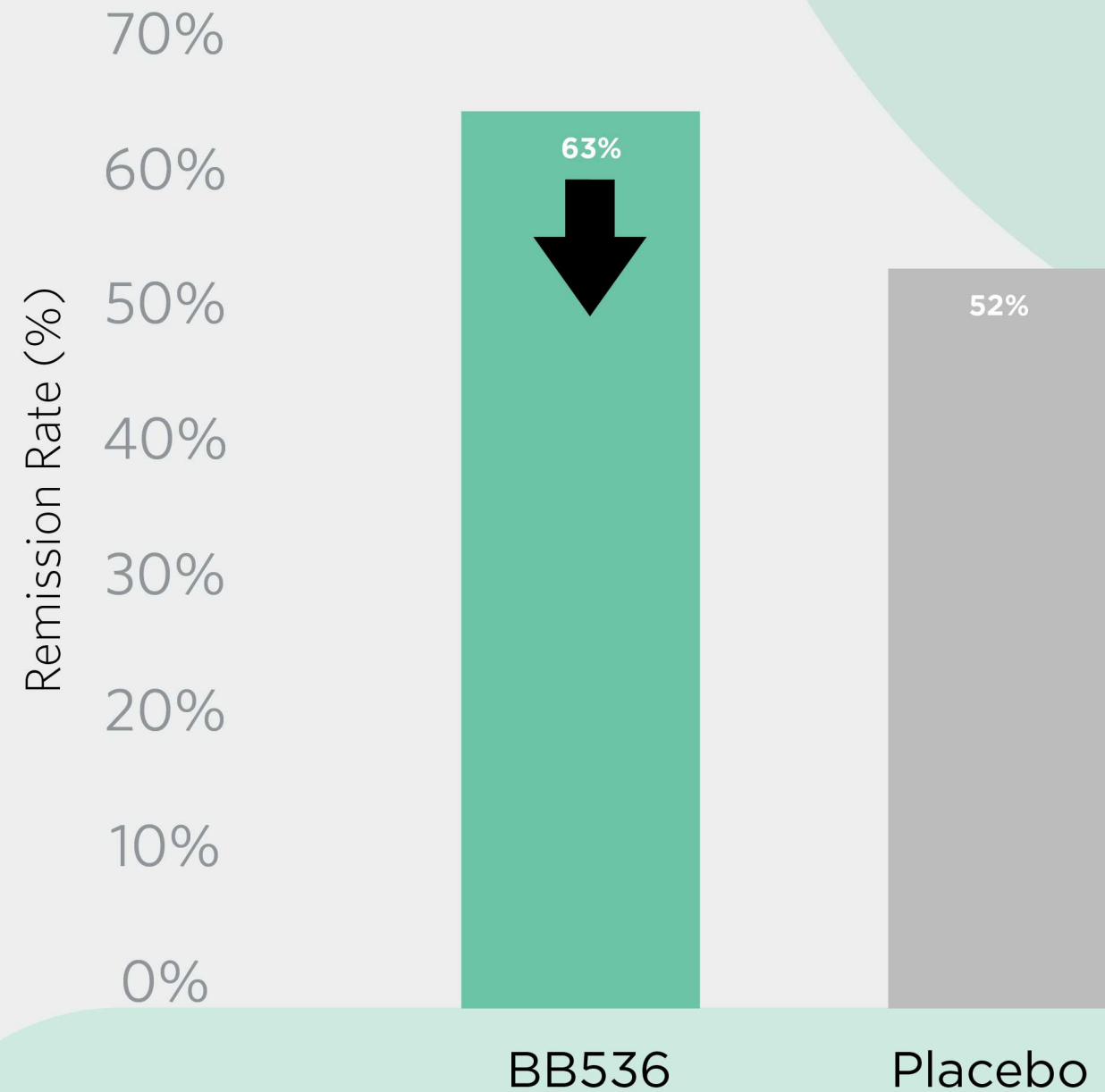
11

63%

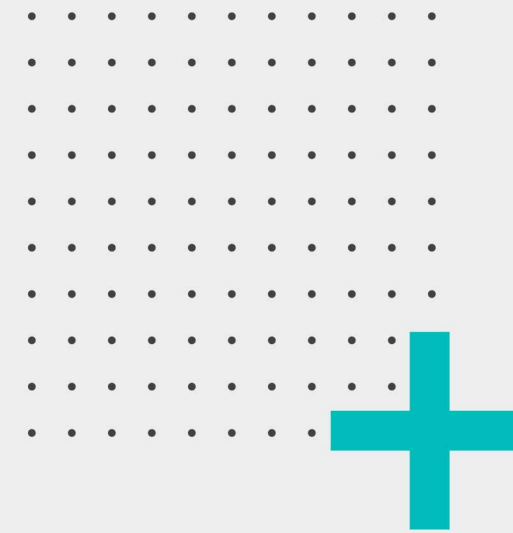
decreased in Clinical Remission of
Ulcerative Colitis

Source:
Tamaki, H., Nakase, H., Inoue, S., Kawanami, C., Itani, T., Ohana, M., Kusaka, T., Uose, S., Hisatsune, H., Tojo, M., Noda, T., Arasawa, S., Izuta, M., Kubo, A., Ogawa, C., Matsunaka, T., & Shibatouge, M. (2016). Efficacy of probiotic treatment with Bifidobacterium longum 536 for induction of remission in active ulcerative colitis: A randomized, double-blinded, placebo-controlled multicenter trial. Digestive endoscopy: official journal of the Japan Gastroenterological Endoscopy, 28 (1), 67-74.

Clinical Remission of Ulcerative Colitis (UC)



Strain:
Bifidobacterium
breve M-16V



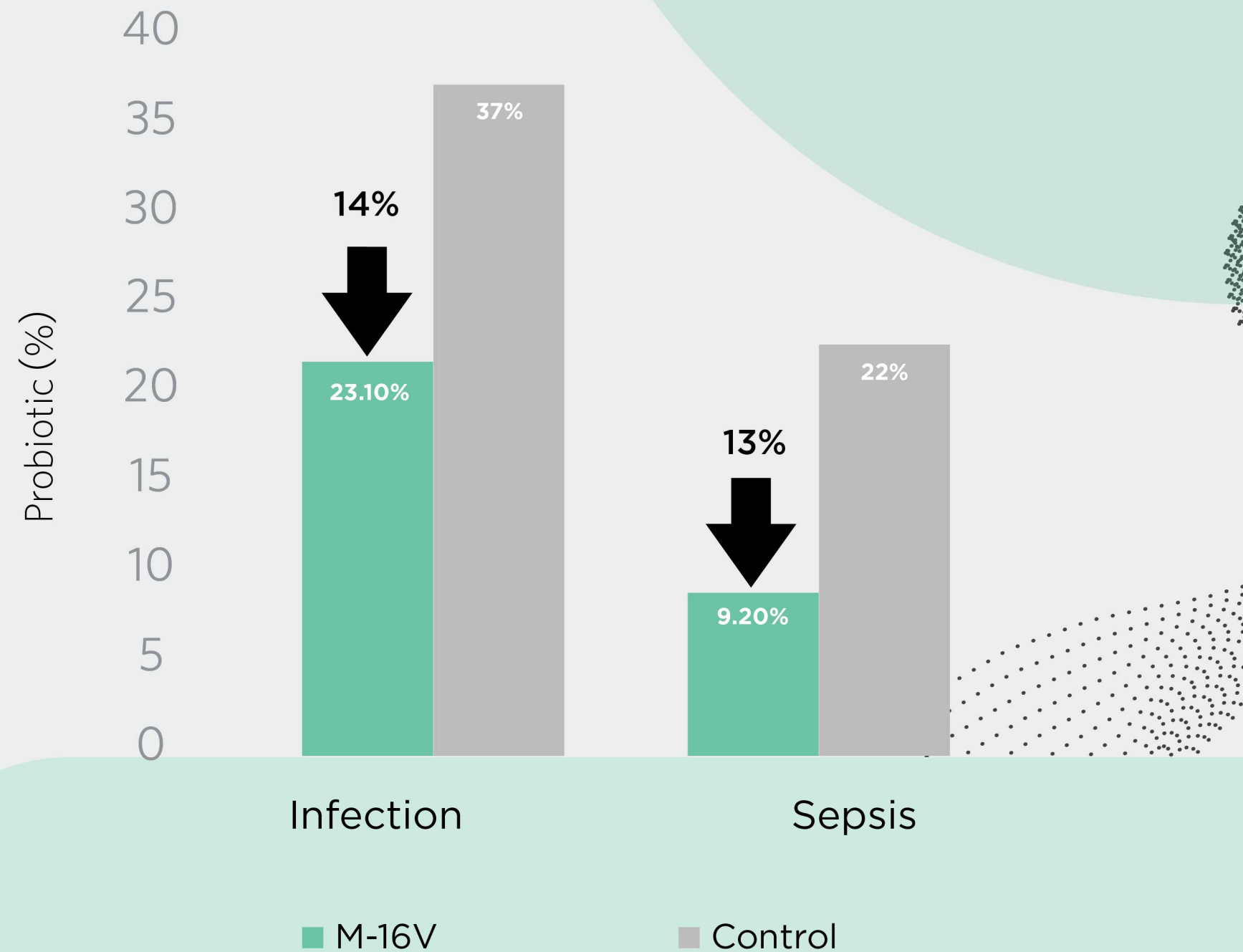
01

Reduced Infection (-14%) and Sepsis (-13%)

for Extremely Low Birth Weight and Very Low Birth Weight Infants

Source:
Hikaru, U., Koichi, S., Yayoi, S., Hiromichi, S., Hiroaki, S., Yoshikazu, O., ... & Yuichiro, Y. (2010). Bifidobacterial prevents preterm infants from developing infection and sepsis. International Journal of Probiotics & Prebiotics, 5(1), 33.

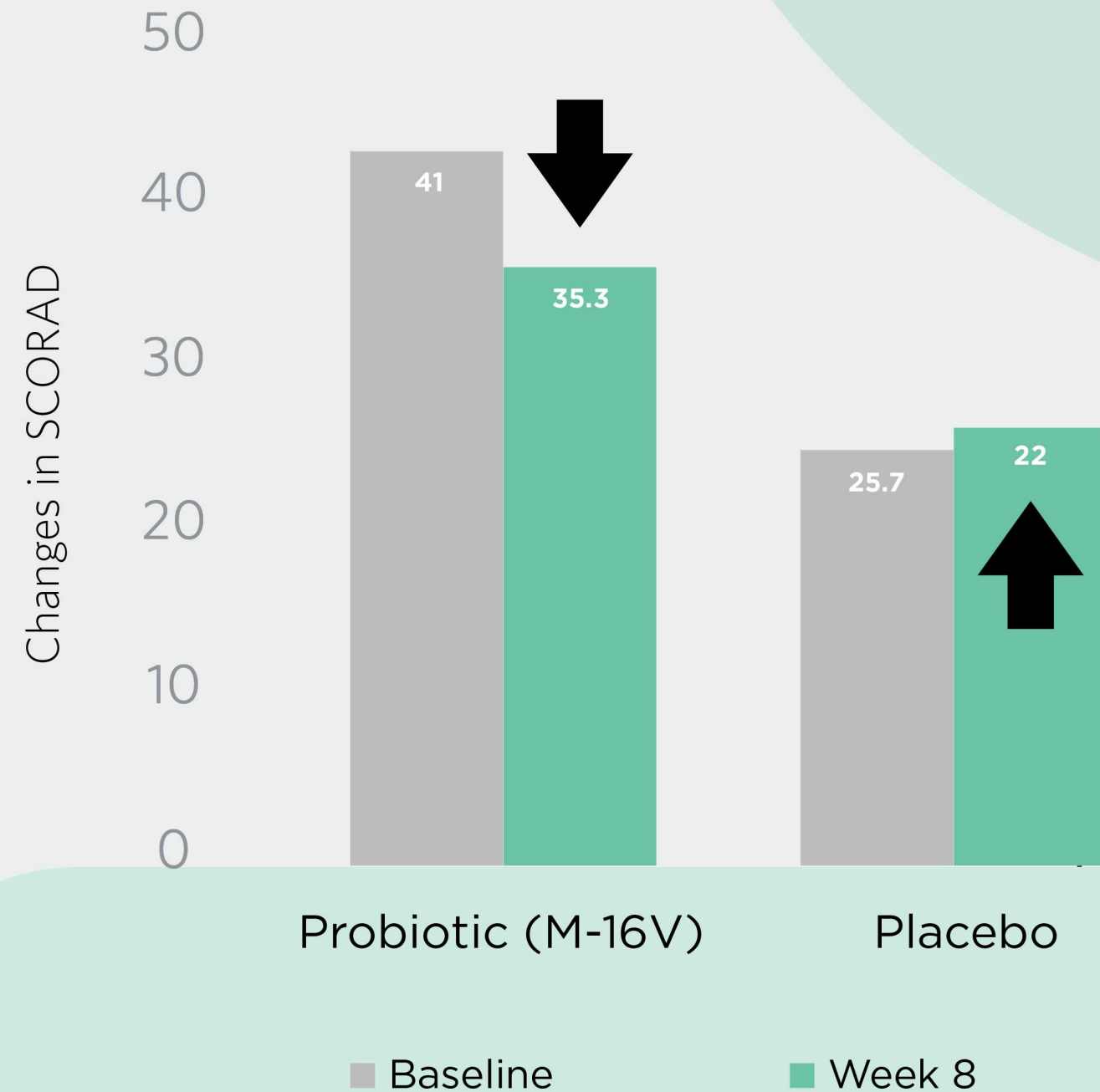
Development of Infection and Sepsis



02

Improved in the Severity Scoring of Atopic Dermatitis

Severity Scoring of Atopic Dermatitis (SCORAD)



Source:
Yoshida, Y., Seki, T., Matsunaka, H., Watanabe, T., Shindo, M., Yamada, N., & Yamamoto, O. (2010).
Clinical effects of probiotic Bifidobacterium breve supplementation in adult patients with atopic
dermatitis. Yonago Acta Med, 53 (2), 37-45.

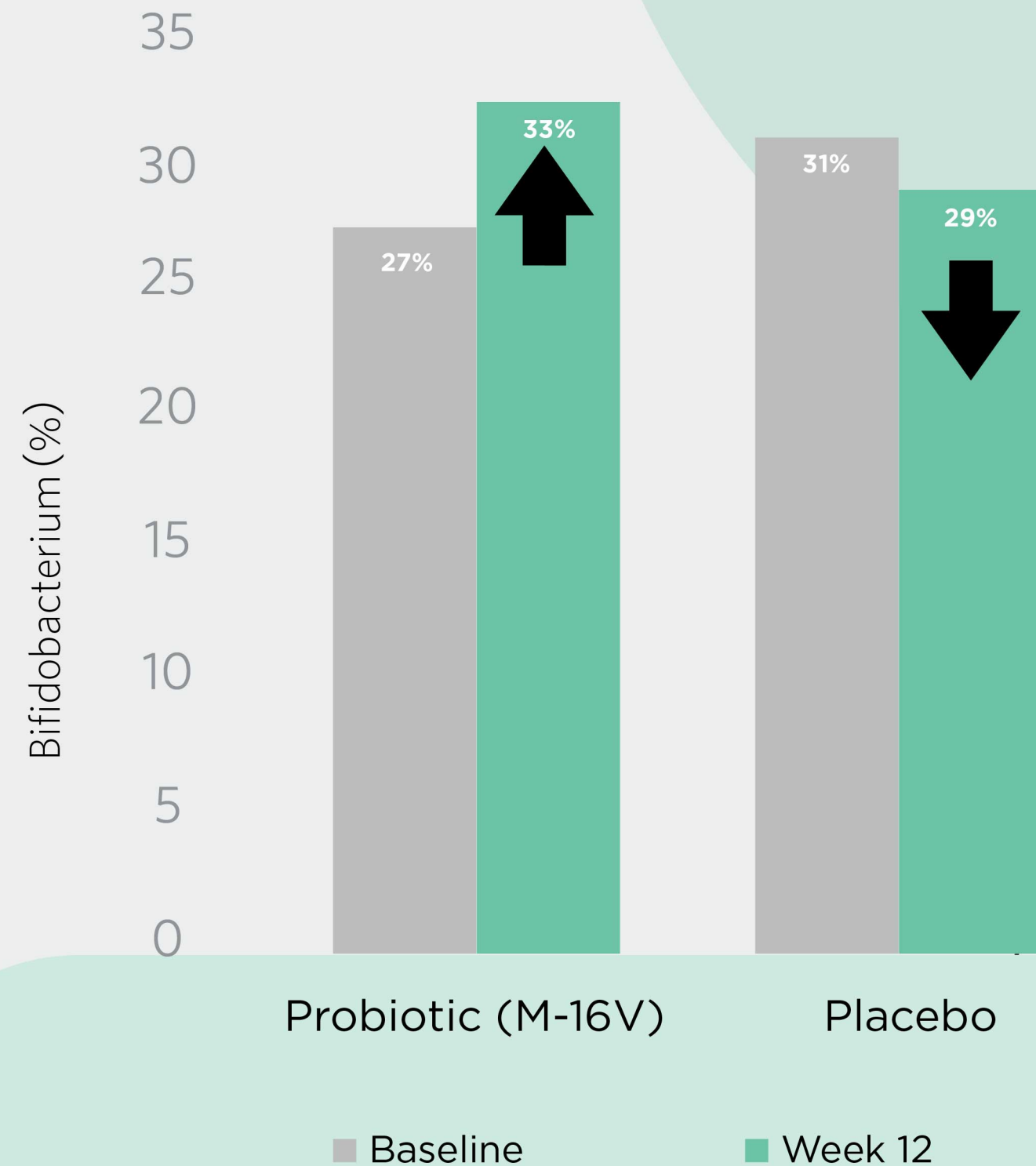
03

Increased

in **Composition and metabolic activity of the faecal microbiota**

Source:
Kosuwon, P., Lao-Araya, M., Uthaisangsook, S., Lay, C., Bindels, J., Knol, J., & Chatchatee, P. (2018). A symbiotic mixture of scGOS/lcFOS and Bifidobacterium breve M-16V increases faecal Bifidobacterium in healthy young children. *Beneficial Microbes*, 9(4), 541-552.

Proportion of Bifidobacterium



04

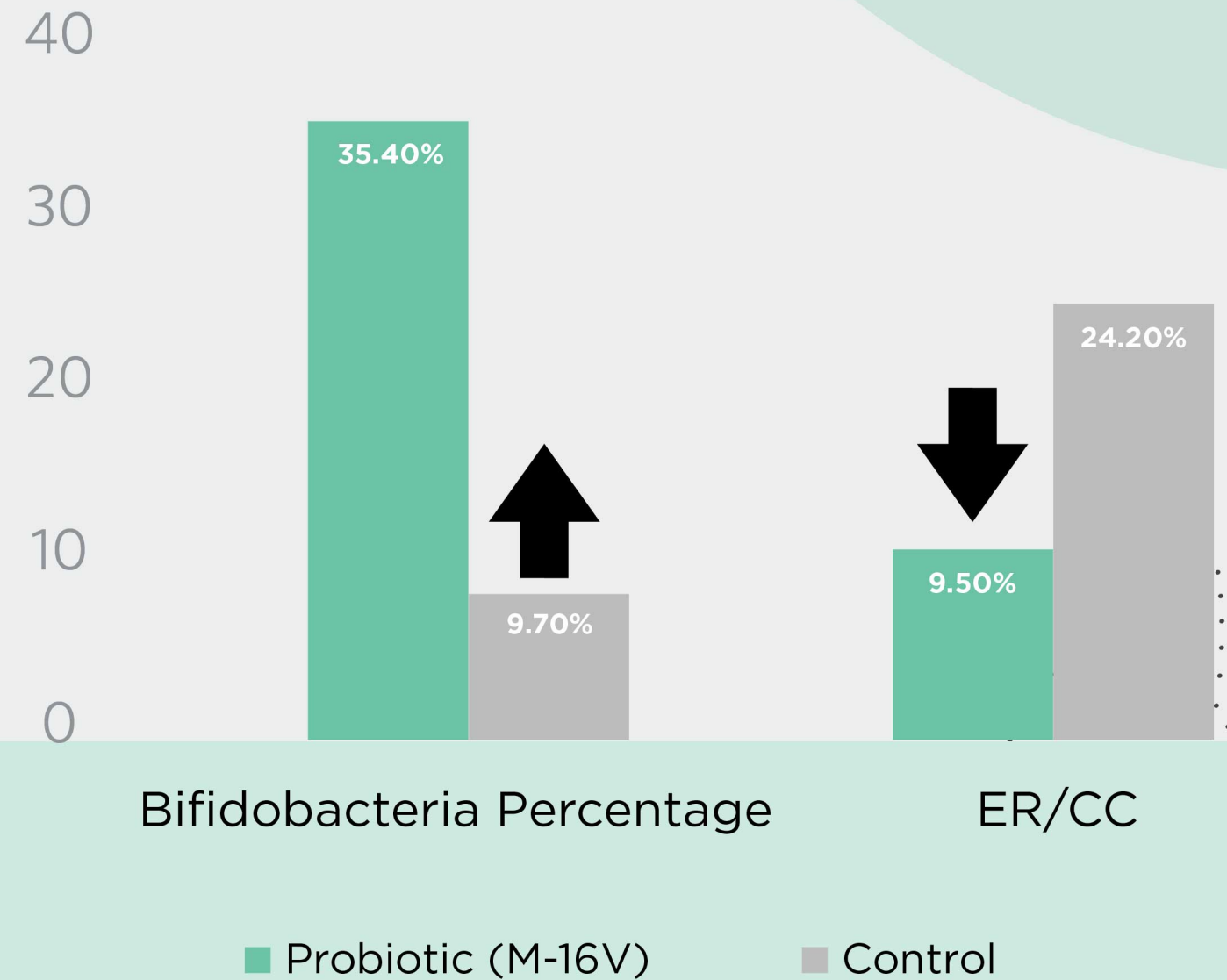
Improves Gut Microbiota in Infants

Higher in Bifidobacterium percentage

Lower in Eubacterium rectale / Clostridium coccoides

Source:
Candy, D.C.A., Van Ampting, M.T.J., Oude Nijhuis, M.M., Wopereis, H., Butt, A.M., Peroni, D.G., Vandenplas, Y., Fox, A.T., Shah, N., West, C.E., Garssen, J., Harthoorn, L.F., Knol, J., & Michaelis, L.J. (2018). A symbiotic-containing amino-acid-based formula improves gut microbiota in non-IgA-mediated allergic infants. *Pediatric research*, 83(3), 677-686.

Percentage of Bifidobacteria and Ratio of ER/CC

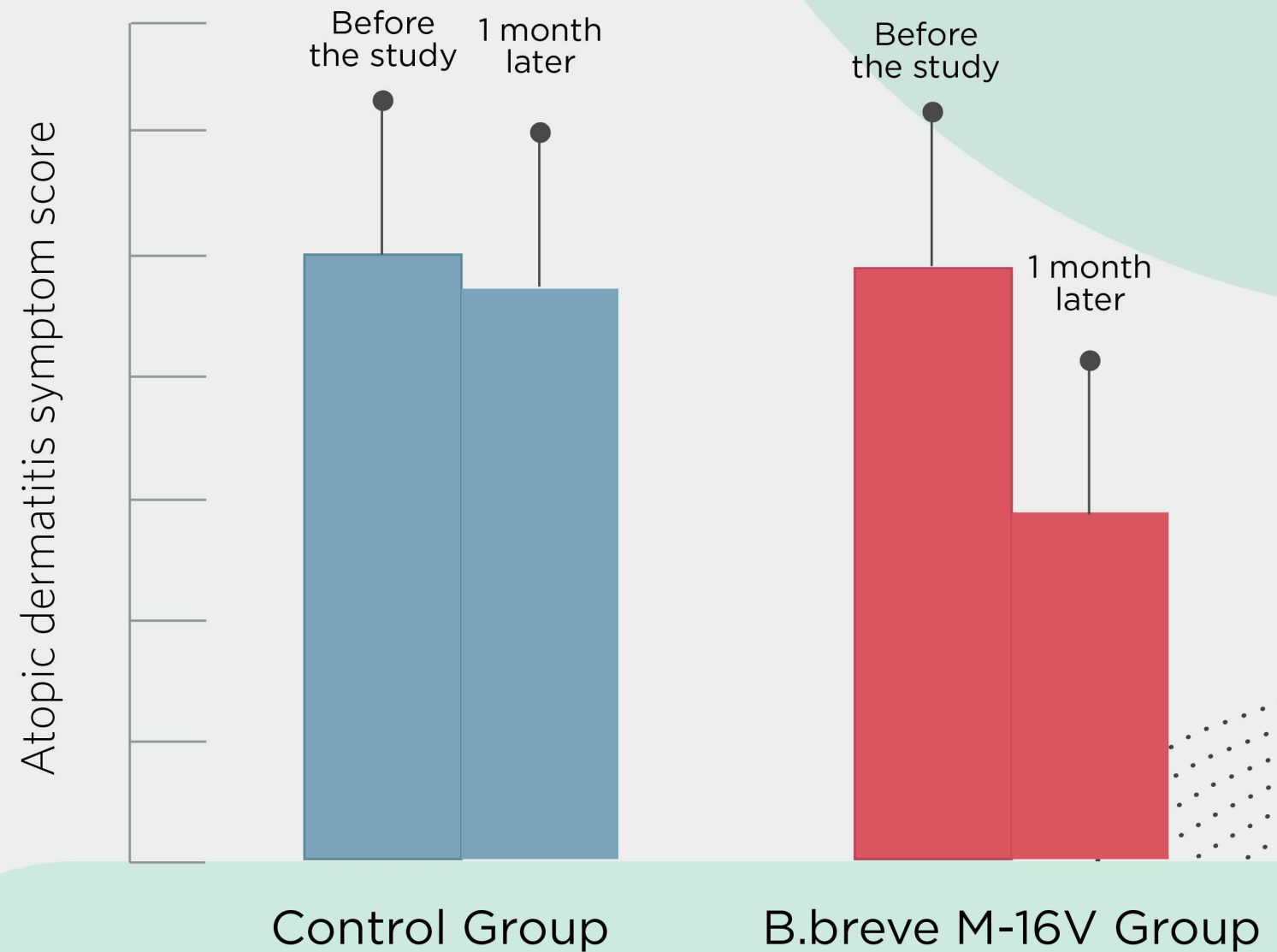


05

Significant Improvement

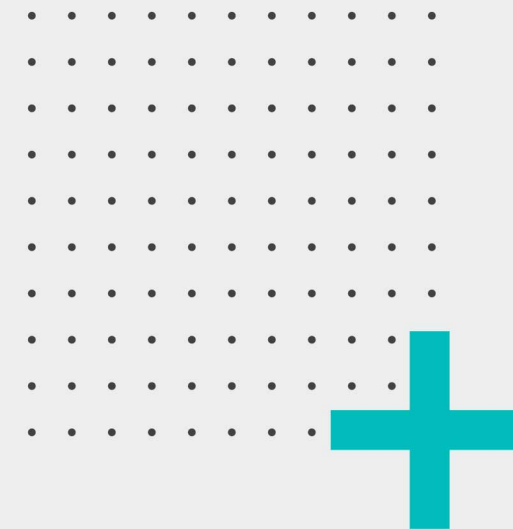
in allergic (Atopic Dermatitis)

Changes in atopic dermatitis symptom scores after B.breve M-16V administration



Source:
Hattori K., Yamamoto A., Sasai M., Taniuchi S., Kojima T., Kobayashi Y., Iwamoto H., Namba K., & Yaeshima T. (2003). Effects of Administration of Lyophilized Bifidobacterial Preparation of Fecal Microflora and Allergic Symptoms in Infants with Atopic Dermatitis. *Japanese Journal of Allergology*. 52, 20-30.

Strain:
Lactobacillus
rhamnosus GG

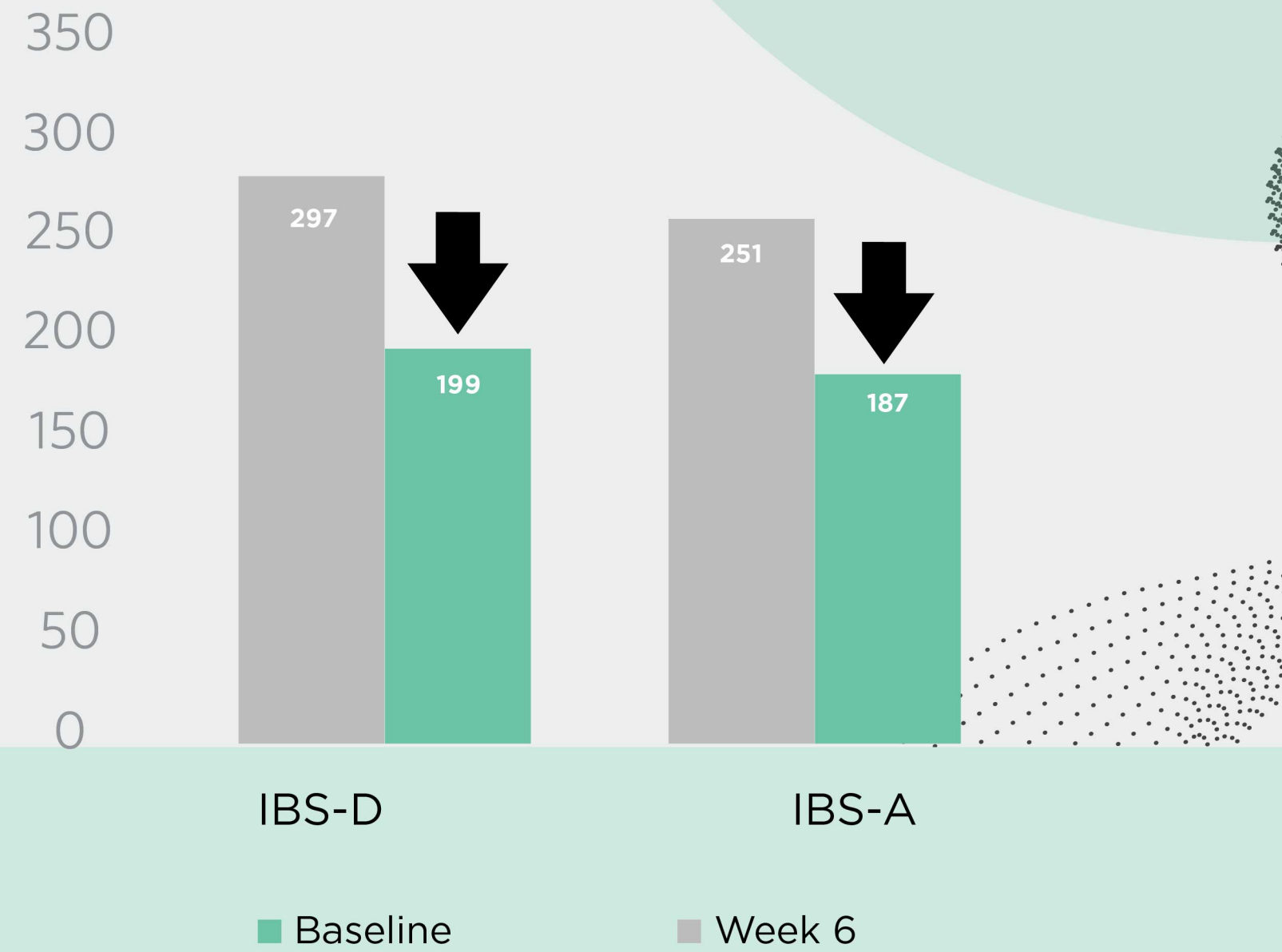


01

Significant Reduction

in IBS-severity score for patients having Irritable Bowel Syndrome (IBS)

Irritable Bowel Syndrome-Severity Score

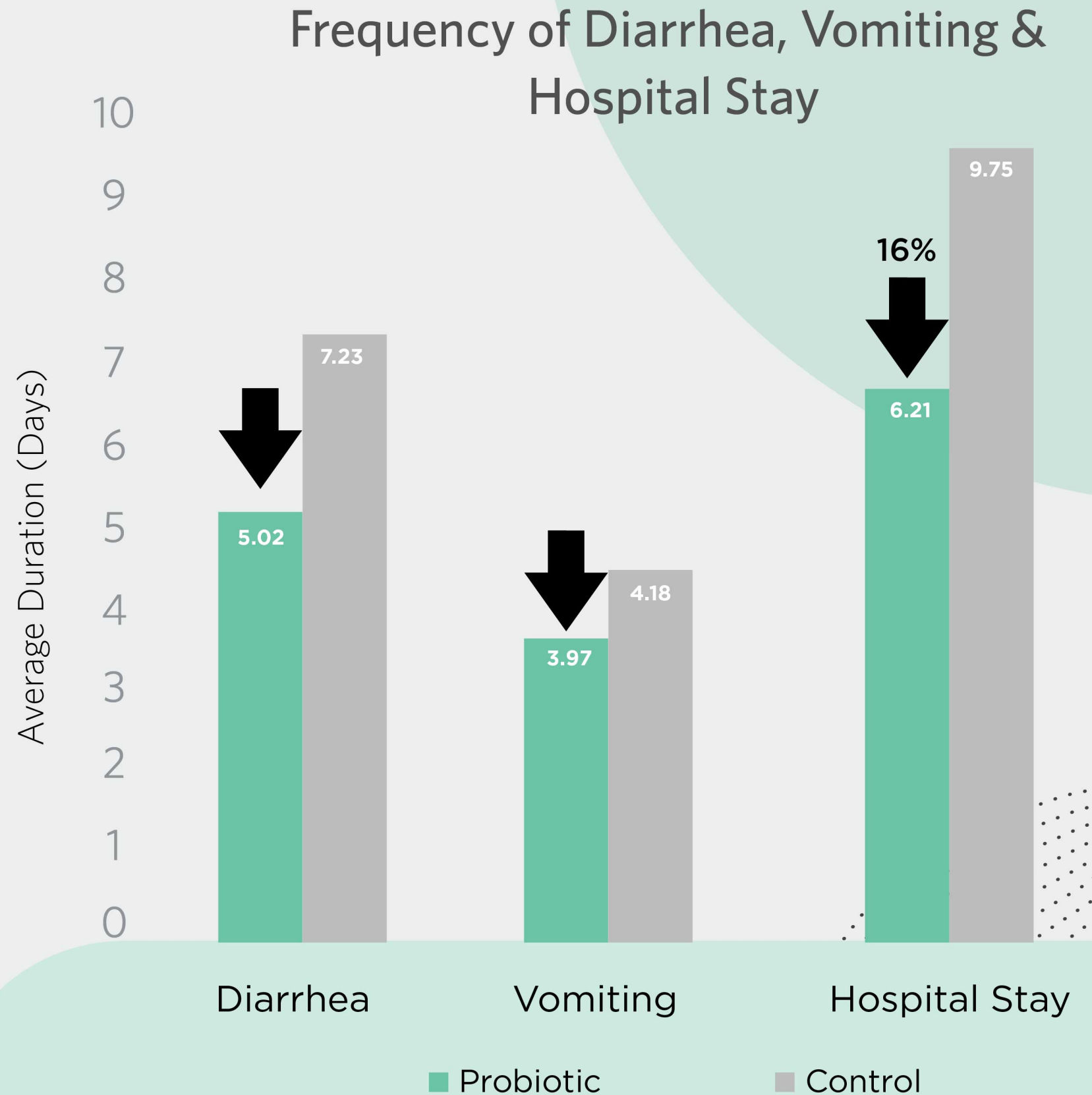


Source:
Pedersen, N., Andersen, N. N., Végh, Z., Jensen, L., Ankersen, D. V., Felding, M., Simonsen, M. H., Burisch, J., & Munkholm, P. (2014). Ehealth: low FODMAP diet vs Lactobacillus rhamnosus GG in irritable bowel syndrome. World journal of gastroenterology, 20(43), 16215-16226.
<https://doi.org/10.3748/wjg.v20.i43.16215>

Reduced

in **Frequency of Diarrhea, Vomiting & Hospital Stay**

Source:
Basu, S., Paul, D.K., Ganguly, S., Chatterjee, M., & Chandra, P.K. (2009). Efficacy of high-dose Lactobacillus rhamnosus GG in controlling acute watery diarrhea in Indian children: a randomized controlled trial. *Journal of clinical gastroenterology*, 43(3), 208-213.

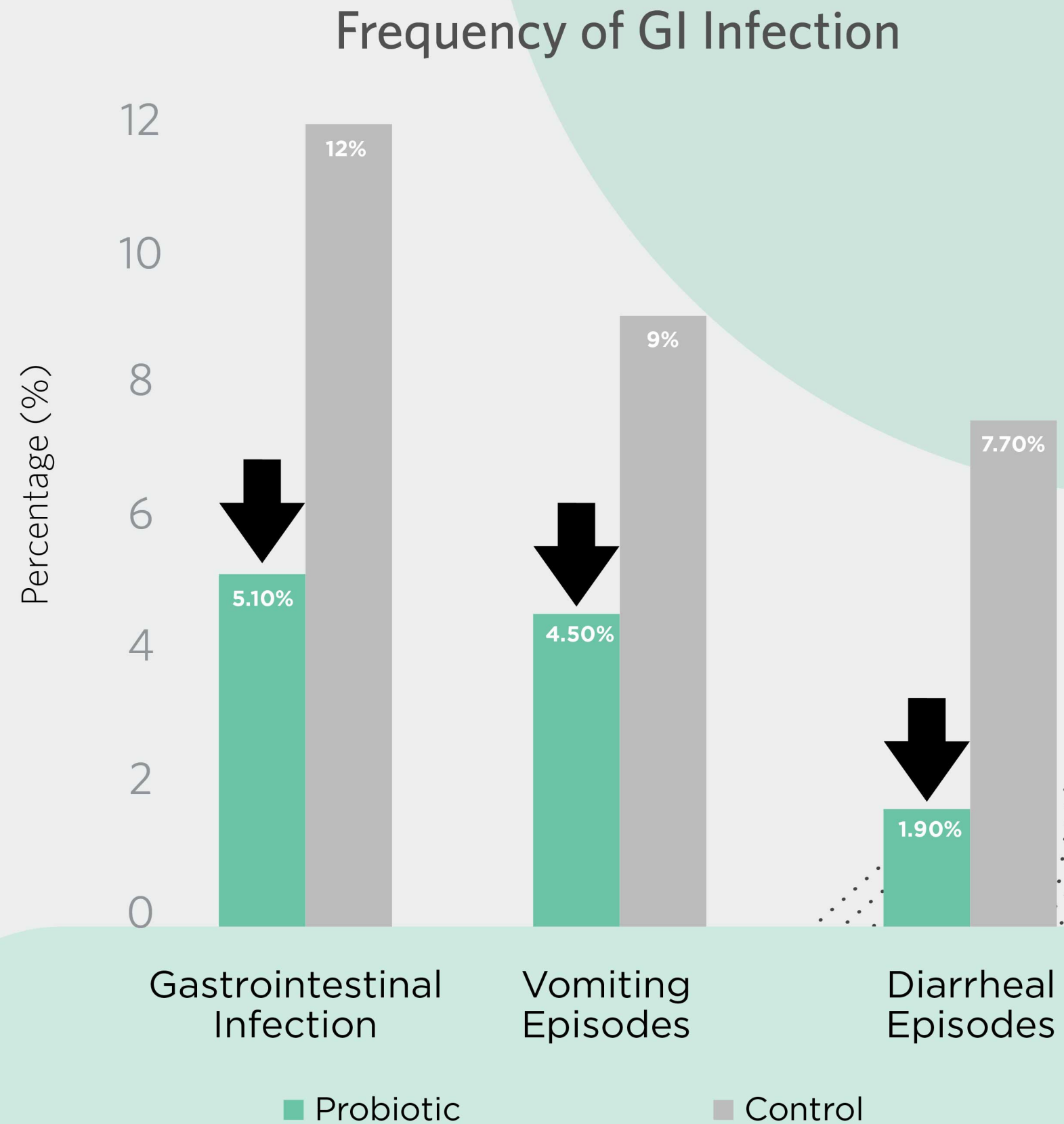


03

Improved Gastrointestinal Tract Infections

Reduced Gastrointestinal Infection (-7%), Diarrheal Episodes (-6%) and Vomiting Episodes (-5%)

Source: Hojsak, I., Abdovic, S., Szajewska, H., Milosevic, M., Krznaric, Z., & Kolacek, S. (2010). Lactobacillus GG in the prevention of nosocomial gastrointestinal and respiratory tract infections. Pediatrics, 125(5), e1171-e1177.



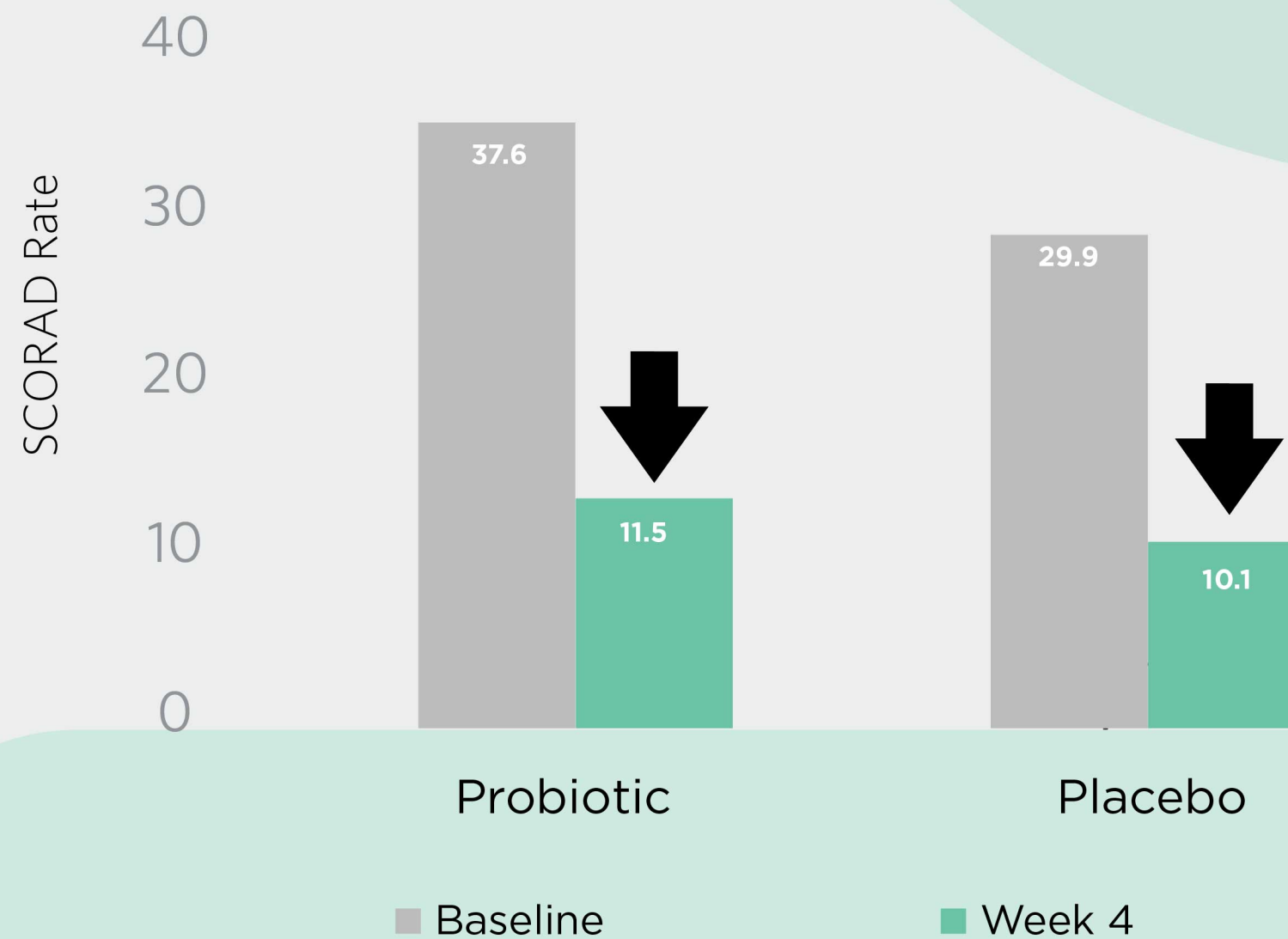
04

Reduced

in **Severity of Atopic Dermatitis**
Symptom value

Source:
Viljanen, M., Savilahti, E., Haahtela, T., Juntunen-Backman, K., Korpela, R., Poussa, T., Tuure, T., & Kuitunen, M. (2005). Probiotics in the treatment of atopic eczema dermatitis syndrome in infants: a double-blind placebo-controlled trial. *Allergy*, 60(4), 494-500.

Atopic Eczema / Dermatitis Symptoms (AEDS)



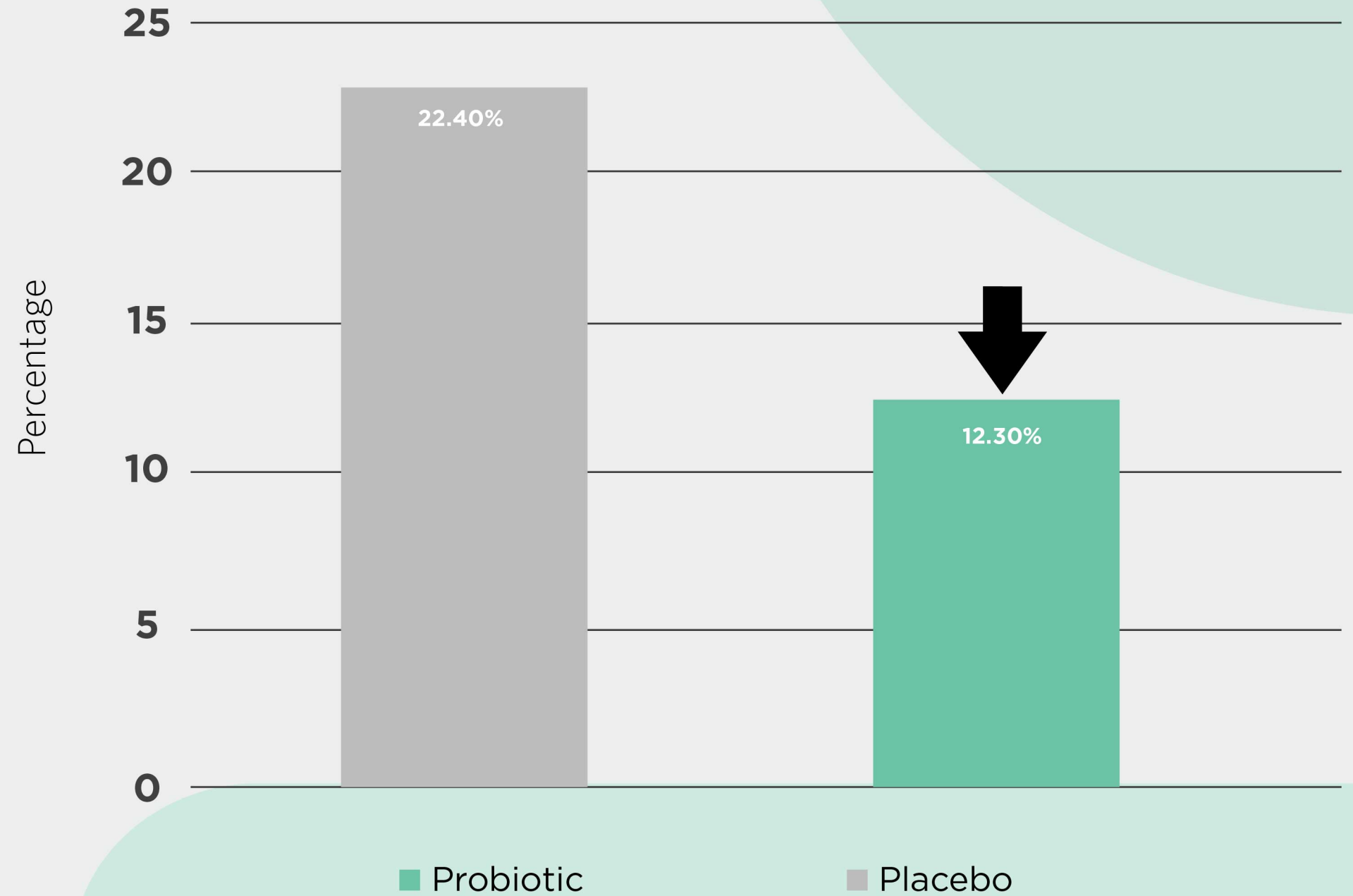
05

-45%

Reduction in the risk of
antibiotic-associated diarrhea

Source:
Szajewska, H., & Kołodziej, M. (2015). Systematic review with meta-analysis: Lactobacillus rhamnosus GG in the prevention of antibiotic-associated diarrhoea in children and adults. *Alimentary pharmacology & therapeutics*, 42(10), 1149-1157. <https://doi.org/10.1111/apt.13404>

Risk of Antibiotic-Associated Diarrhea (AAD)



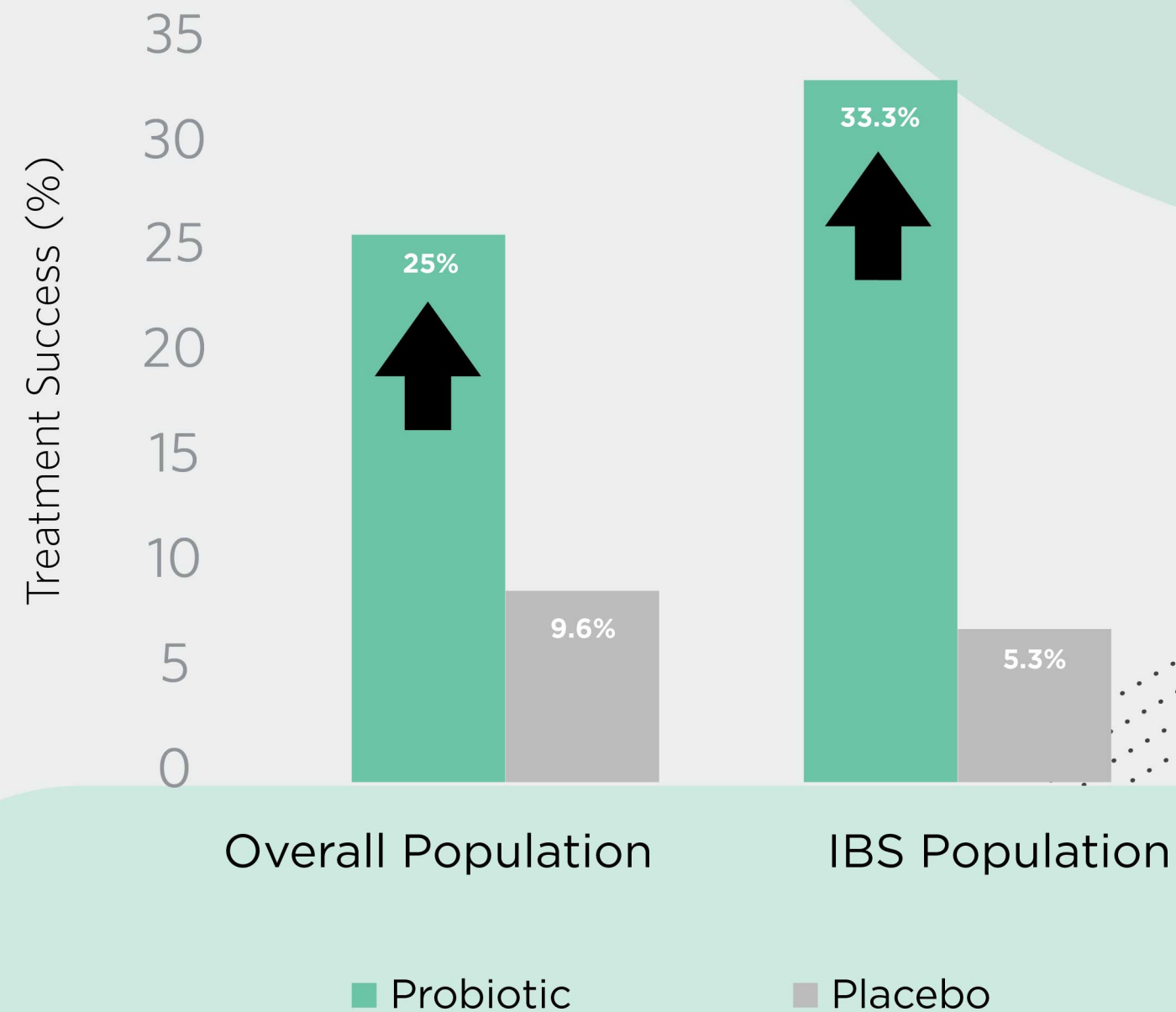
06

Improved in Functional Abdominal Pain Disorders

Higher in Treatment success (no pain) – **Functional dyspepsia and abdominal pain** (15%) and **Irritable Bowel Syndrome** (28%)

Source:
Gawroriska, A., Dziechciarz, P., Horvath, A., & Szajewska, H. (2007). A randomized double-blind placebo-controlled trial of Lactobacillus GG for abdominal pain disorders in children. *Alimentary pharmacology & therapeutics*, 25(2), 177-184.

Treatment of Abdominal Pain Disorder



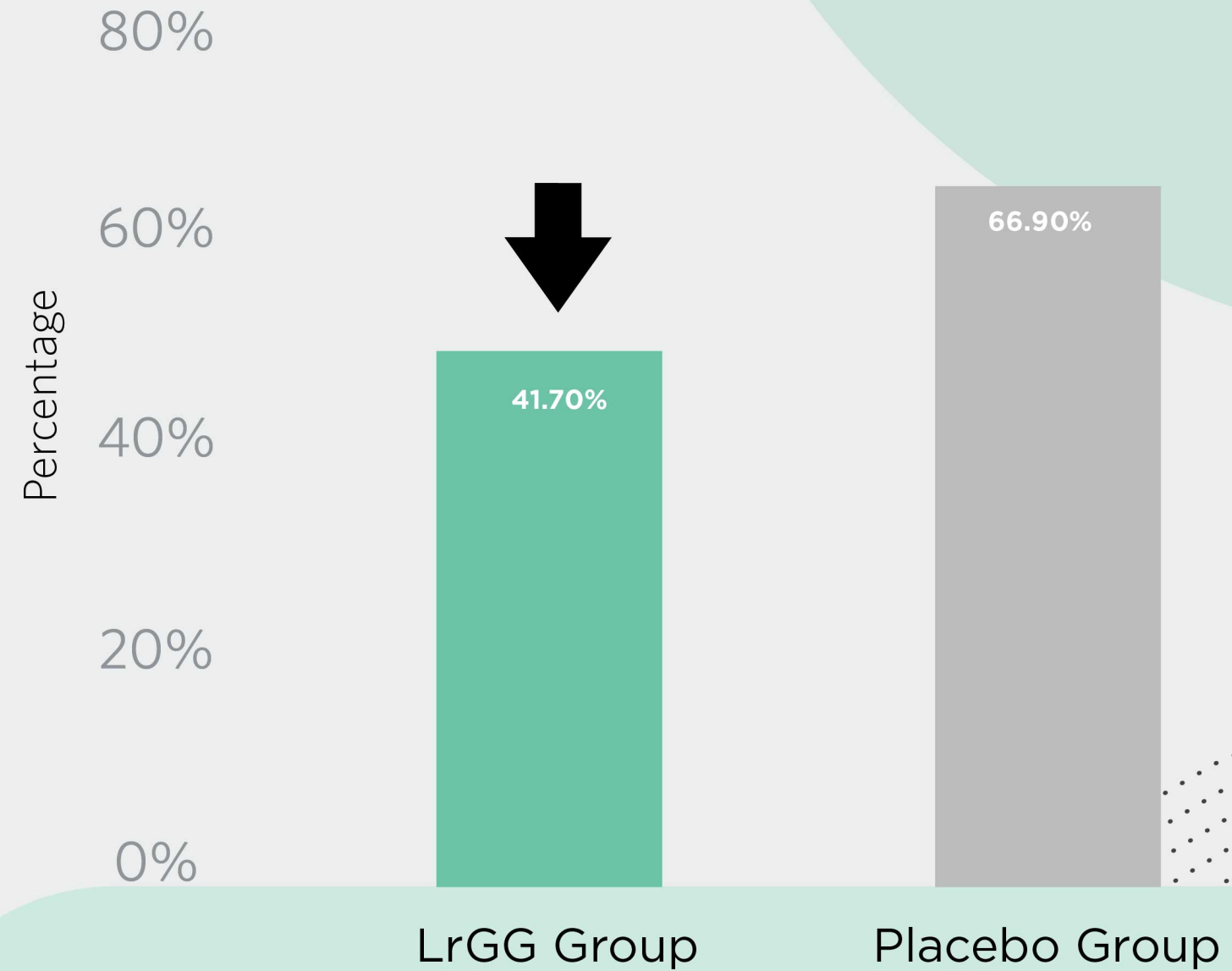
07

Reduced

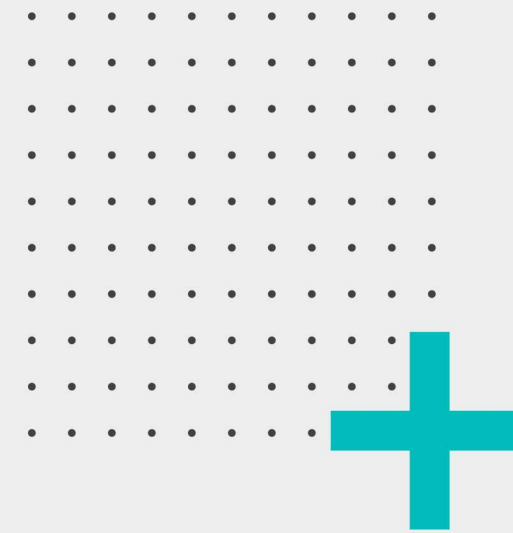
in the risk of **Upper Respiratory Tract Infection**

Source:
Hojsak, I., Snovak, N., Abdović, S., Szajewska, H., Misak, Z., & Kolacek, S. (2010). Lactobacillus GG in the prevention of gastrointestinal and respiratory tract infections in children who attend day care centers: a randomized, double-blind, placebo-controlled trial. *Clinical nutrition (Edinburgh, Scotland)*, 29(3), 312-316.

Percentage of Upper Respiratory Infection



Prebiotic Fibre Inulin

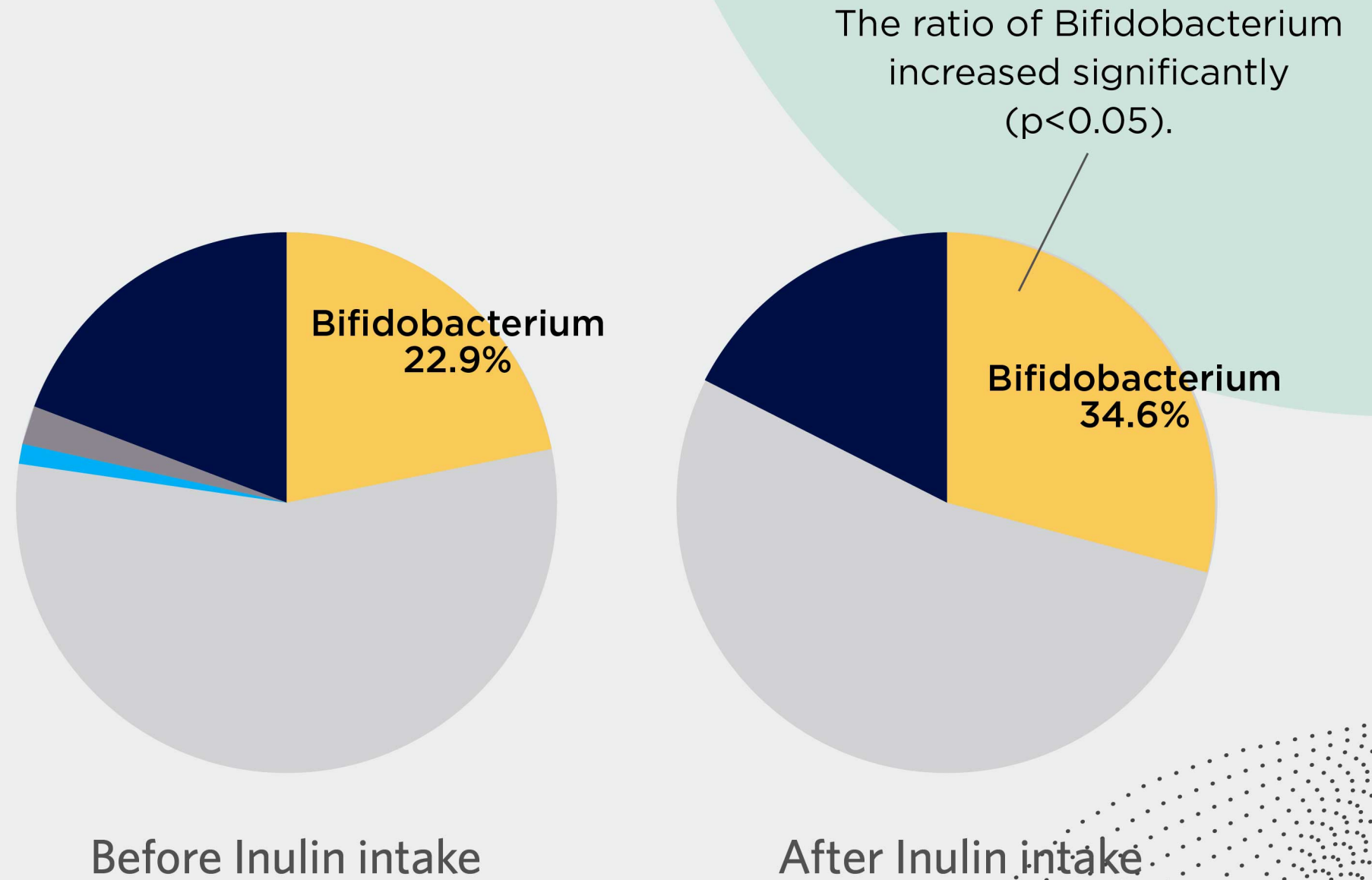


01

11.7%

increased in the number of beneficial bacteria

Distribution of intestinal flora



Source:
Hara, K. & Wada, T. & Kaneko, T. (2019). Effect of Fuji FF (Inulin) containing green tea on balance of gut microbiota and bowel habit-a randomized, double-blind, placebo-controlled, cross-over trial-. Japanese Pharmacology and Therapeutics. 47. 479-483.