



# nu ProbioMood

THE INNOVATIVE PROBIOTIC  
STRAIN FOR **MOOD IMPROVEMENT**  
AND **MENTAL WELL-BEING**



SCIENTIFIC  
EVIDENCE



PROBIOTICS WITH  
SCIENTIFIC EVIDENCE FOR  
EFFECTIVE FORMULATIONS



Clinically researched probiotic strain.



Mental well-being.



Lactose, gluten and GMO free.



Vegan and Kosher certified.



Stable at room temperature.

***Bacillus coagulans* NU-10**, the innovative probiotic strain for mood improvement and mental well-being with scientific evidence.

## WHAT IS ProbioMood?

*Bacillus coagulans* NU-10, branded as ProbioMood® is the first probiotic strain clinically tested and proven for mood improvement and mental well-being.



PROBIOTICS WITH SCIENTIFIC EVIDENCE  
FOR EFFECTIVE FORMULATIONS

## CLINICAL STUDY

### STUDY FEATURES

- **Product:** *Bacillus coagulans* NU-10 (50mg/day for 90 days), branded as ProbioMood®.
- **Description:** Single-center, double-blind, randomized, prospective pilot clinical study, compared to placebo.
- **Methods:** Blood test to assess levels of IgA, IgG, INF- $\gamma$  and leukocytes. Quality of life test (SF36) to assess general well-being.
- **Primary objective:** Evaluate the efficacy of a probiotic product based on *Bacillus coagulans* NU-10 on immunomodulation in healthy volunteers.
- **Secondary objective:** Evaluate the improvement of quality of life and the non-occurrence of adverse events.
- **Subjects:** 55 healthy people (49% experimental group – 51% placebo group).
- **Duration:** 90 days, 2 visits during the experimental phase.
- **Current status:** Completed.

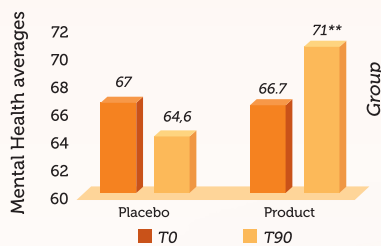
## SF36 DIMENSIONS EVOLUTION BY TREATMENT GROUP

	Placebo	Product	p-value interaction
Physical function	-0.9% ↓	0.7% ↑	0.0256*
Physical role	3.1% ↑	5.0% ↑	0.3574
Pain	3.7% ↑	7.7% ↑	0.4697
General health	-3.3% ↓	3.7% ↑	0.2051
Vitality	-1.1% ↓	7.1% ↑	0.0241*
Social function	7.1% ↑	13.3% ↑	0.2545
Emotional role	2.9% ↑	7.5% ↑	0.1162
Mental health	-3.6% ↓	6.4% ↑	0.0011**

A summary of changes for each dimension is presented in the following table. **Product improves its average better than placebo group in all cases** (except physical role that are equal). Furthermore, in product case, in average, all items improve.

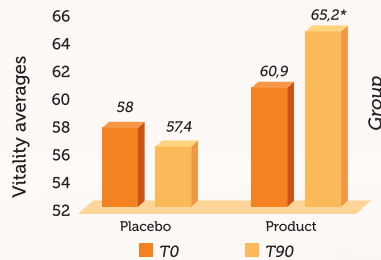
**There are significant changes in the case of "physical function"** (in what the difference between the changes (T90-T0) in placebo (-0.9%) and product (0.7%) are significant (**p-value 0.0256**), **"vitality"** (in what the difference between the changes (T90-T0) in placebo (-1.1%) and product (7.1%) are significant (**p-value=0.0241**) and **"mental health"** (in what the difference between the changes (T90-T0) in placebo (-3.6%) and product (+6.4%) are significant, (**p-value=0.0011**).

Mental health evolution by group



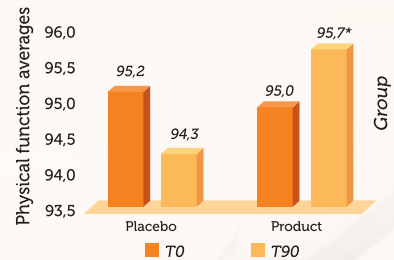
**ProbioMood®** significantly improves mental health (p=0.0011\*\*).

Vitality evolution by group

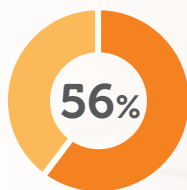


**ProbioMood®** improves vitality (p=0.0241\*) and physical function (p=0.0256\*).

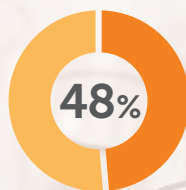
Physical function evolution by group



## MENTAL WELL-BEING



**56%** of product group participants increased their mental health.



**48%** of product group participants increased their vitality.



**30%** of product group participants increased their physical functioning.



## EFFICACY CONCLUSIONS

- *Bacillus coagulans* NU-10, branded as ProbioMood® has been **clinically demonstrated** through a randomized, double-blind study and compared with placebo **its modulation activity on mood and mental well-being**, when dosed at 50mg/serving.
- Participants in the probiotic group showed **improvement in all 8 health concepts** of the survey.
- In concept **“Mental Health”, “Vitality”** and **“Physical function”** the difference between changes in T90 and baseline in the participants of product group and placebo group showed **significant differences**.
- The results reinforce the validity of the brain-gut axis concept and warrant the **influence of probiotics on psychological well-being**.

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