



Probiotics for Metabolic Health

BEYOND THE SCALE

The idea of health and what it means to be healthy has evolved significantly over the years. What was once assessed through standalone measurements is increasingly being viewed from a holistic outlook. Metabolic health, which is comprised of five key health markers, offers a comprehensive look at an individual's overall health state and, because of this, is proving to be a better predictor of long-term wellness.

While historically weight has been viewed as the key indicator of health, we now know it is only one piece of the larger wellness puzzle. To get a more complete picture, we have to take into account the additional markers that make up our metabolic fitness.

Poor metabolic health is associated with poor quality of life. By improving metabolic fitness, we can increase our chances of an overall enhanced quality of life and proactively support our health as we age.

While lifestyle factors such as diet and exercise are essential to good metabolic health, changing how we live and eat can prove challenging. This is why many consumers are turning to science-backed solutions to help aid them on their wellness journey.

Nearly
30%
of the world's
population is
overweight¹

Globally over
1.9 billion
adults are
overweight¹

Almost
400 M
children and
adolescents are
overweight¹



The Potential of the Microbiome

Recent innovations in analytical techniques have allowed researchers to begin to understand the role of the gut microbiome in metabolic health.

Alterations to the composition and diversity of the microorganisms that make up the gut microbiome have been linked to numerous negative outcomes.⁵ Specifically, reductions in certain species or overall reductions in microbial diversity have been associated with increased rates of unwanted weight-related issues.⁶

ADM has conducted extensive pre-clinical and clinical research demonstrating the role of the microbiome in multiple areas of health and wellness, including metabolic health.

ADM'S INNOVATIVE MICROBIOME RESEARCH

ADM has more than 15 years of experience and a high level of expertise in conducting game-changing proprietary microbiome research.



BPL1™ Probiotic: A Cutting-Edge Solution

BPL1™ (*Bifidobacterium animalis* subsp. *lactis* CECT 8145) is ADM's proprietary, award-winning probiotic strain with clinically-documented results:

- Weight management in combination with diet and exercise
- Metabolic health pathways
- A healthy BMI in combination with diet and exercise

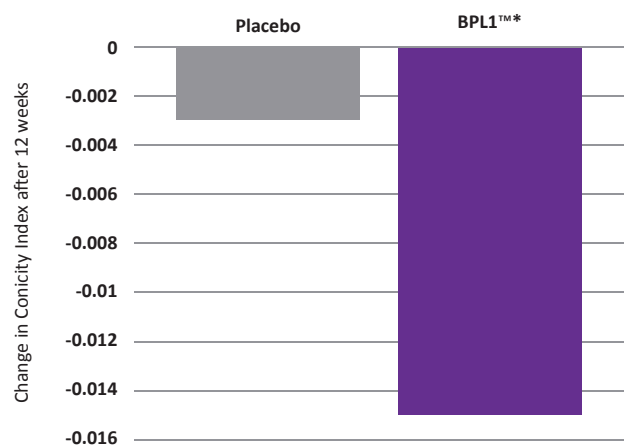


WINNER: NutraIngredients Awards in 2020 as Ingredient of the Year in Weight Management

THE SCIENCE BEHIND BPL1™

BPL1™ is supported by robust pre-clinical and clinical evidence illustrating its benefits.

Participants taking BPL1™ saw a **significant decrease in central adiposity** (as measured by the Conicity Index) after 12 weeks, compared to baseline.⁷

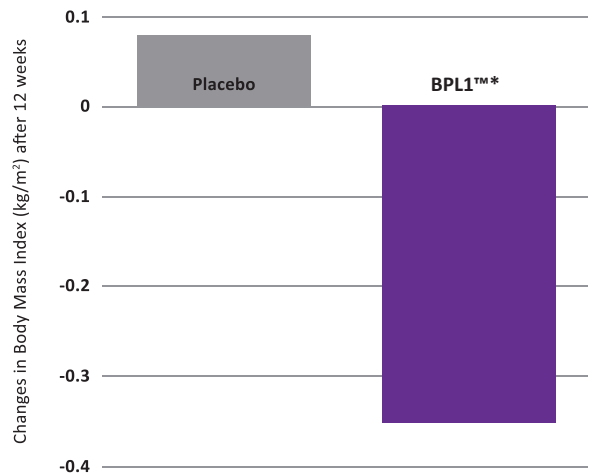


*p<0.05 compared to baseline



Participants taking BPL1™ showed a statistically **significant reduction in body mass index (BMI)** compared to placebo at 12 weeks of the intervention period.

The presence of associated species of Akkermansia is related to improved metabolic health and healthier body weight.⁸



*p<0.05 compared to baseline



BPL1™ Probiotic at a Glance

Emerging and *in-vitro* evidence suggests the use of BPL1™ probiotic may help support:

Weight management in combination with diet and exercise

Metabolic health pathways

A healthy BMI in combination with diet and exercise

Concentration:

BPL1™ Probiotic: 100B cfu/g, 300B cfu/g

More Applications, More Benefits

BPL1™ is ideal for use in **dietary supplements** including oil drops, capsules, sachets and sticks, and **dairy products**, such as fermented milk and other dairy options.

BPL1™ can also be incorporated into the following applications, under certain manufacturing and preservation conditions:



sports nutrition



specialized nutrition



dietary supplements



dairy products

CERTIFICATIONS

- GRAS
- Non-GMO
- Organic Compliant
- Gluten Free
- Kosher
- Halal



ADM DELIVERS FOR YOU

An innovative leader in the microbiome field, ADM delivers future-forward nutrition fueled by science, with a complete range of solutions from prebiotics, to probiotic and postbiotic strains, all clinically documented to deliver health & wellness benefits.

An expansive pantry of health & wellness ingredients including biotics, botanical extracts, vitamins, minerals and more means you can deliver innovative, science-driven supplements and food and beverage formulations to meet consumers' evolving functional nutrition needs. With our vertically integrated supply chain to ensure the reliability and availability of high-quality products and our dependable customer service, you get industry-leading quality solutions to ensure your success.

SOURCES

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- ⁶Duranti, S.; et al (2017) *Genes Nutr*. 12: 18
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- ⁸Everard, A.; et al. (2013) *Proc Natl Acad Sci U.S.A.* 110(22): p. 9066-71

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Unlocking Nature. Enriching Life.

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