



Reduce bone loss – maintain strong & healthy bones

Strong and robust bones are key factors for a healthy life. As part of the normal bone turnover, there is a constant formation and break down of bone, two processes that are maintained at a balance. However, after the age of 30 the balance is disrupted, and bone loss exceeds bone formation. This results in a gradual bone loss. For women, bone loss accelerates shortly before and during menopause, reaching a peak the first 6-10 years after menopause. During this time window, up to 50% of a woman's bone loss occurs. An increased bone loss greatly magnifies the risk for developing osteoporosis, which may result in bone fractures. One out of two women experience bone fractures in their lifetime with the majority of bone fractures occurring from the age of 50.

Probi® Osteo is a probiotic bone health concept, based on the combination of the proprietary strains *Lactobacillus plantarum* HEAL9, *Lactobacillus plantarum* HEAL19 and *Lactobacillus paracasei* 8700:2. The efficacy of the concept is clinically documented and proven to reduce bone loss. A reduction in bone loss may delay or even prevent the onset of osteoporosis, resulting in strong and healthy bones throughout life.

Health benefits

- Support bone health.
- Maintain bone mineral density.
- Reduce bone loss.
- Reduce risk of osteoporosis.
- Prevent the onset of osteoporosis.

Short facts

Strains: *Lactobacillus plantarum* HEAL9 and *Lactobacillus plantarum* HEAL19, *Lactobacillus paracasei* 8700:2

Origin: Human intestinal mucosa

Documentation: Preclinical and clinical studies

Recommended daily dose: 10¹⁰ CFU

Safety: QPS status and safe history of use

Different solutions for different needs – product application ideas

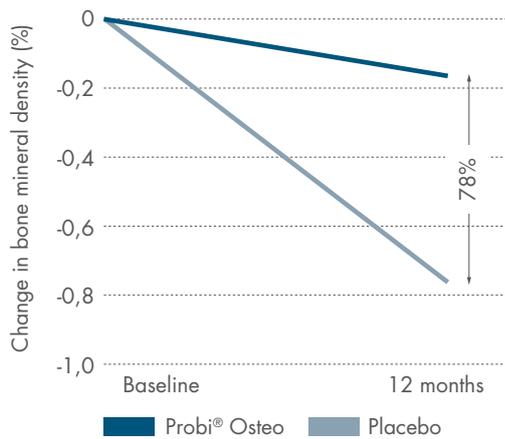
Ideal for capsules and stick-packs in the dietary supplement segment or for functional foods such as beverages and powder products.

Clinically proven to reduce bone loss and increase bone mineral content

In recent years, evidence has shown a positive link between the gut microbiota and bone health. Two preclinical studies show that Probi's probiotic bacteria significantly protected mice against bone loss, in a menopause model.

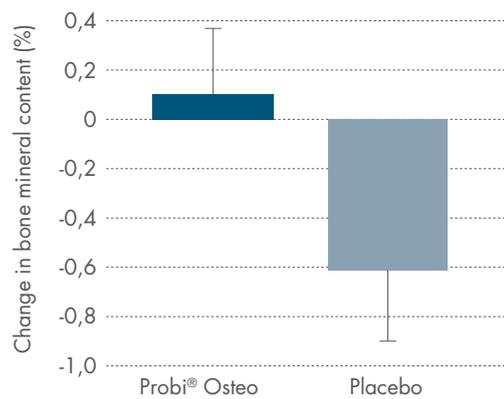
A randomized, double-blind and placebo-controlled clinical study included 250 women in early post-menopausal phase. The women were all healthy, and had not yet developed osteoporosis. The daily intake of Probi® Osteo for one year resulted in a significantly reduced bone loss (bone density) by 78% compared to placebo. The bone mineral content was at the same time significantly increased.

Intake of Probi® Osteo for one year reduced bone loss significantly by 78% compared to placebo



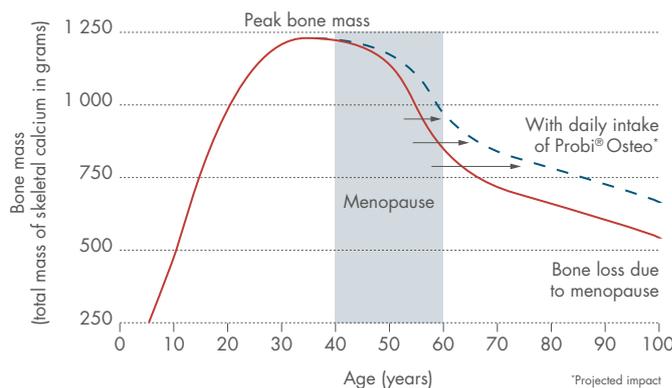
Bone mineral density was measured by DEXA at baseline and at the end of the one-year interventional study including 250 women. Bone mineral density measures the overall structure of bones, and the results show that intake of Probi® Osteo supports the solidness of bones.

Intake of Probi® Osteo for one year significantly increased the bone mineral content compared to placebo



Bone mineral content was measured by DEXA at baseline and at the end of the one-year interventional study including 250 women. The significantly increased bone mineral content contributes to stronger bones.

A reduction in bone loss means a delayed onset, or even prevention of osteoporosis. This results in strong and healthy bones.



The Probi Premium range is an exclusive range of patented probiotic health concepts based on specific strains - concepts with comprehensive clinical dossiers showing repeated positive results on health benefits that are condition or claim specific. Efficacy and safety have been proven in human clinical studies.

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