verb biotics™

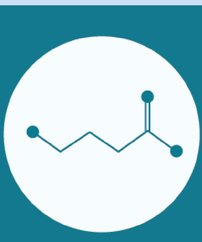
GABA Probiotic (LP815™)

Lactiplantibacillus plantarum 815, a proprietary strain of lactic acid bacteria, was isolated for its ability to provide sustained GABA production. We benchmarked against the top strains in the industry to select a superior GABA producer.

What is GABA?

GABA (Gamma-Aminobutyric Acid) is a major inhibitory neurotransmitter and functional metabolite that plays a key role in signaling the nervous system.[1]

Studies suggest that GABA's main mechanism of action is to aid in slowing the stimulation of specific nerve signals in the brain, supporting mood, stress, and sleep regulation.[1]



Potential Microbiome Benefits of GABA Probiotic™

GABA produced in the gut can affect brain function and mood via a bidirectional communication pathway. This means that GABA created in the gut may:

- Support feelings of calmness and relaxation*
- Support a healthy stress response*
- Encourage a restful sleep*

**Human clinical studies to be completed in 2024*

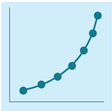
CONSUMERS ARE INTERESTED

The #1 New Year's Resolution for 2024 by both US and UK consumers is to "improve my mental health and wellbeing."[2] On top of that, **1 in 4** US adults rate their stress between 8–10 on a scale of 1–10.[3]

PROLONGED GABA RELEASE

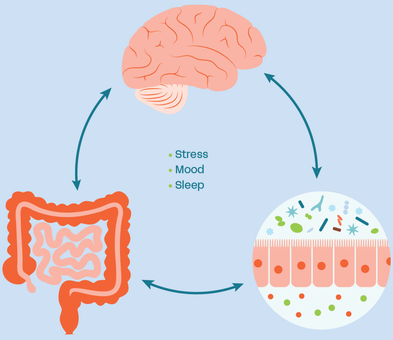
GABA Probiotic (LP815™) was selected for its unique ability to provide a prolonged production of GABA in the gastrointestinal track in contrast to traditional GABA supplements, which result in an immediate but transient spike in GABA levels, requiring redosing throughout the day.

By offering a prolonged and consistent delivery of GABA, GABA Probiotic (LP815™) presents a novel approach to supporting neurotransmitter balance and potentially enhancing overall well-being.



Applications

GABA Probiotic can be a valuable addition to your mood, stress, sleep, and relaxation dietary supplements. Seamlessly integrate our solution into a myriad of supplement products for a harmonious blend of well-being, or let GABA Probiotic (LP815™) take center stage as the sole ingredient.



Mechanism of Action

GABA Probiotic (LP815™) delivers GABA through oral ingestion while working with one's existing gut microbiota to produce additional GABA.

Greater Formulation Flexibility

LP815™ can deliver 100mg of GABA at a concentration of only 1 billion CFU in vitro, which is the dosage associated with stress, mood, sleep, and cognitive benefits.[4-5]

This low dose enables flexibility when formulating, allowing for tailored supplementation regimens to address individual needs and preferences.

LABEL *L. plantarum* 815 (LP815™)

RECOMMENDED DOSE 1 Billion CFU

Ready to unlock the full potential of your products?

GABA Probiotic (LP815™) is the key. Scan to learn more.

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Resources

1. Hepsomali P, Groeger JA, Nishihira J, Scholey A. *Effects of Oral Gamma-Aminobutyric Acid (GABA) Administration on Stress and Sleep in Humans: A Systematic Review.* Front Neurosci 2020;14:923. https://doi.org/10.3389/fnins.2020.00923.
2. January 2024 *Tapestry New Year, New Me(ans) of Understanding Consumers;* 1,442 New Years Resolutions from those aged 18–65 in the US and the UK
3. *Stress in America 2023;* a nationwide survey conducted by The Harris Poll on behalf of America Psychological Association among more than 3,000 U.S. adults age 18+.
4. Yamatsu A, Yamashita Y, Pandharipande T, Maru I, Kim M. Effect of oral γ-aminobutyric acid (GABA) administration on sleep and its absorption in humans. *Food science and biotechnology.* 2016;25(2):547-551.
5. Abdou AM, Higashiguchi S, Horie K, Kim M, Hatta H, Yokogoshi H. Relaxation and immunity enhancement effects of gamma-aminobutyric acid (GABA) administration in humans. *Biofactors.* 2006;26(3):201-8.doi:10.1002/biof.5520260305

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. This information is provided for informational purposes only. Final packaging, advertising, and promotional material for products incorporating our ingredients is the responsibility of the manufacturer and should be reviewed by appropriate counsel to ensure compliance with FTC, FDA, and other regulatory standards (including state laws).