

WORKS FAST
WITHIN 1 HOUR

L. gasseri CP2305 Postbiotic



Mental Wellness - A Daily Priority

Consumers live in an increasingly demanding world. Between professional responsibilities, personal commitments and a constant stream of information, many struggle to find moments of calm and balance.

As daily pressures continue to accumulate, people have become more intentional about protecting their well-being. They seek practical ways to build resilience, regain a sense of control and better navigate everyday stress.

Top 5 areas of mental health global consumers have tried to improve in the past 12 months¹



Younger consumers lead a shift toward proactive mental wellness, using a wider range of lifestyle, nutrition, and self-care solutions to help manage stress and support emotional well-being.⁴

58%
of global consumers experience moderate to extreme stress on a daily basis²

36%
of global consumers feel more stressed compared to a year ago³

¹ Trend Survey 2026, Innova Market Insights

² Top Global Consumer Trends 2026, Euromonitor, 2025

³ Lifestyle & Attitudes Survey 2026, Innova Market Insights

⁴ Future of Wellness 2025, McKinsey

Clinical Study Results

***Lactobacillus gasseri* CP2305 is the first postbiotic to show published effects following induced stress within one hour, generating new evidence for the potential of postbiotics to support gut-brain axis function.**



To evaluate the acute effect of *L. gasseri* CP2305 Postbiotic on brain activity, mental stress and autonomic nervous system response, researchers conducted a randomized, double-blind, placebo-controlled crossover clinical trial. (Tanihiro et al. (2026), *Front. Nutr.*, 13:1796729.)



Study Parameters

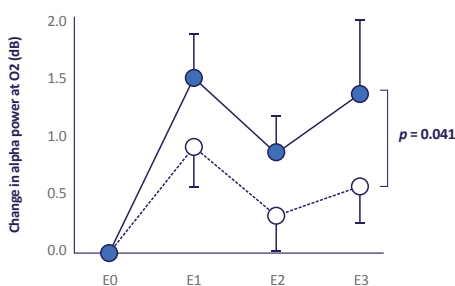
- 28 healthy adults
- 20-44 years
- BMI (18.5-30 kg/m³)



Participants were randomized to consume a single dose of *L. gasseri* CP2305 Postbiotic (20 mg) or placebo in a double-blind crossover design. Brain activity (EEG), heart rate variability (ECG) and mood assessments were monitored for up to 60 minutes following ingestion.

To act as a mild stressor, **mental tasks** were performed during the 13-30 minute and 43-60 minute periods post ingestion consisting of a mental arithmetic task (10 minutes) followed by an auditory identification task (5 minutes).

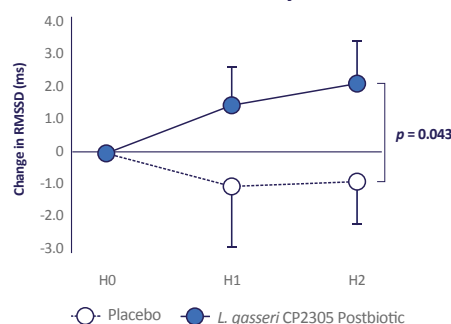
Significant increase v. placebo in alpha oscillatory activity in four out of eight regions over the 1 hour testing period, as measured by EEG



EEG (Electroencephalography) was performed using 8 electrode sights to monitor alpha wave oscillations. Alpha brain activity is associated with relaxation, eyes-closed rest, and the resting state of wakefulness (Zhang et al. 2024).

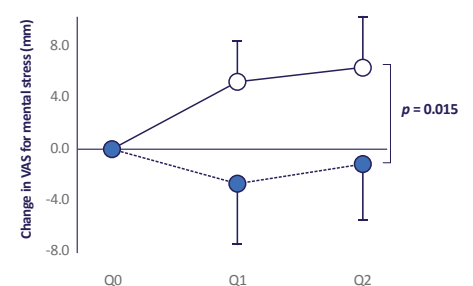
It is increased to suppress irrelevant information and distraction to allow for focus and frequently associated with reduced stress (Padmavathi et al. 2021).

Significantly greater change in RMSSD v. placebo, indicative of greater parasympathetic modulation, over the 1 hour testing period, as measured by ECG



RMSSD (root mean square of successive differences) - A measure of the parasympathetic vagal activity which does not reflect a higher or lower heart rate, but rather measures how the interval between the heartbeats vary over time, as assessed by electrocardiography (ECG). A higher RMSSD indicates greater parasympathetic activity, better stress regulation and higher vagal activity.

***L. gasseri* CP2305 significantly dampened the increase in subjective mental stress v. placebo following mental tasks, as measured by VAS**



VAS (Visual Analog Scale) Score calculated based on the distance from the 0 mm position (indicating low mental stress) up to 100 mm (high mental stress) as selected by participants.

Increase in serotonin, assessed using a 24-hour in vitro test (cells) v. placebo

This communication is intended for B2B and health care professionals. No statements are meant to be perceived as approved by regulatory authorities.