Women's Health Solutions

L. gasseri CP2305 Postbiotic



Advancing Women's Health & Wellness

Globally, health and well-being are shifting beyond physical fitness to a more holistic approach that integrates both body and mind. Within this landscape, women's health has emerged as a particularly dynamic and evolving category.[1]

Personalization is of vital importance for women seeking to proactively manage their health needs across changing life stages.[2] As women become increasingly aware of the gut-brain connection and its role in supporting both mental and physical health, women are seeking supplements rooted in long-term wellness that address their individual health needs.[1]

> **33% of global female consumers use supplements to address symptoms of their natural hormonal cycles or menopause.[2]**

A Cutting-Edge Postbiotic

L. gasseri CP2305 Postbiotic (heat-treated) is a premier postbiotic from ADM's line of microbiome solutions. Backed by eight human clinical trials, *L. gasseri* CP2305 Postbiotic provides a holistic approach to women's health by addressing both physical and emotional dimensions of well-being—offering targeted support for women across life stages with benefits spanning stress, sleep, mood, skin, gut health and intimate wellness.

Globally, 80% of women consume some form of nutritional supplement on a regular basis.[2]

Science-Backed Women's Health

Clinical data show that 20mg of *L. gasseri* CP2305 Postbiotic daily in healthy young women experiencing premenstrual symptoms may support:[3]

- Positive mood
- Reduced stress/anxiety
- Improved vaginal discharge
- Improved skin appearance
- Reduced occasional constipation

Clinical data show that 20mg of *L. gasseri* CP2305 Postbiotic daily in menopausal women may support:[4]

- Positive changes in physiological and emotional parameters

The Science Behind *L. gasseri* CP2305 Postbiotic

With *L. gasseri* CP2305 Postbiotic, ADM brings to the market a cutting-edge ingredient that offers unmatched formulation stability for dietary supplements, functional foods and powdered beverages. This strain leverages the potential of the gut-brain axis by modulating the gut microbiome, positioning it as one of the most versatile and well-documented ingredients for mental and emotional wellness.

COMPOSITION
Lactobacillus gasseri **CP2305 Postbiotic**

CONCENTRATION
500B CFU equiv./g

100B CFU equiv./g

DAILY DOSE
20mg powder per day

CLINICAL STUDIES
8

CERTIFICATIONS
Non-GMO

Gluten free

Halal certified

APPLICATIONS
Dietary Supplements

Functional Foods

Powdered Beverages

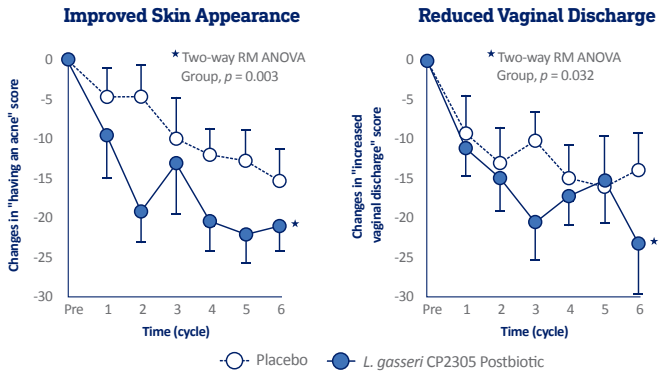
MORE COMFORTABLE & CONFIDENT DURING MENSTRUAL CYCLES

In a study of 56 healthy young women (approximate average age of 21 years) over six menstrual cycles, *L. gasseri* CP2305 Postbiotic addressed the challenges of premenstrual symptoms by supporting a positive mood and easing occasional stress. It was also associated with improved physical symptoms, including improved skin appearance, reduced vaginal discharge and a reduction of occasional constipation.[3]

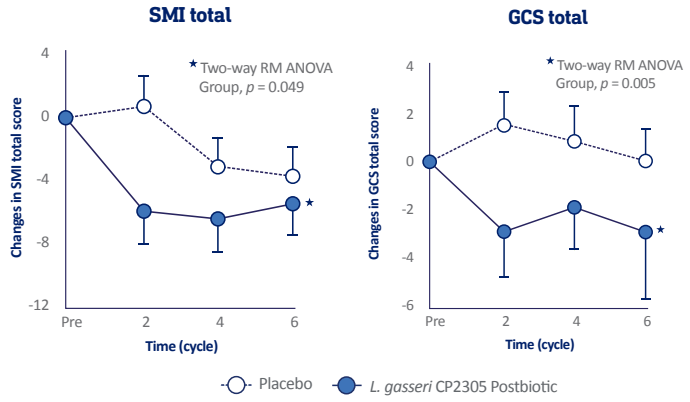
MAKING MENOPAUSE MILDER

In a study of 80 women (ages 40–60) over six months, *L. gasseri* CP2305 Postbiotic significantly improved menopausal symptoms without altering reproductive hormone levels or menstrual cycle duration. It was also associated with decreased psychological and vasomotor symptoms (Simplified Menopausal Index, SMI) and decreased somatic and vasomotor symptoms (Greene Climacteric Scale, GCS).[4]

[1] Mintel, Winning the Wellness Consumer, November 2025
[2] Innova Market Insights, Global Ingredients for Women's Health Supplements, May 2025
[3] Nishida et al., (2021) Journal of Functional Foods 80:104426
[4] Sawada et al., (2022) Nutrients, 14:1695



*2-arm, randomized, double-blind, placebo-controlled parallel trial *L. gasseri* CP2305 Postbiotic at 20mg/day
Nishida et al., (2021) Journal of Functional Foods 80:104426



*2-arm, randomized, double blind, placebo-controlled trial *L. gasseri* CP2305 Postbiotic tablets at 20mg/day
SMI: Simplified Menopausal Index. GCS: Greene Climacteric Scale
Sawada et al., (2022) Nutrients, 14:1695

From Lab to Life: ADM Microbiome Solutions

ADM drives innovation. From the science behind the ingredients to real-world applications in food, beverage and dietary supplements, ADM delivers future-forward nutrition fueled by science, with a complete range of solutions from pre-, pro- and postbiotics to bacteriophages and enzymes, all clinically documented to deliver health & wellness benefits.

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THIS COMMUNICATION IS INTENDED FOR B2B USE AND NO STATEMENTS ARE MEANT TO BE PERCEIVED AS APPROVED BY REGULATORY AUTHORITIES. LOCAL REGULATIONS MUST BE REVIEWED TO CONFIRM PERMISSIBILITY OF INGREDIENTS AND CLAIMS FOR EACH FOOD CATEGORY.

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