



## PRESS RELEASE

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### **Good news for post-menopausal women. Publication in Lancet Rheumatology on study showing significantly reduced bone loss by taking probiotics**

**The unique findings for a specific mix of probiotics were discovered by Probi® - renowned for its scientific research and development in probiotics.**

Osteoporosis constitutes a major health concern, affecting mainly women, that places a large economic burden on the health care system and entails a lot of suffering for the affected persons by osteoporosis related fractures. The increasing number of fractures associated with the aging population emphasizes the importance of developing preventive solutions. The bone loss process increasing the risk for osteoporosis starts already around the age of 30-40. For women, the rate of bone density loss is greatest in the first few years in menopause and continues gradually in the post-menopausal years.

The now published results from the randomized, double-blind, placebo-controlled trial<sup>1)</sup> included 249 post-menopausal women. The results provide evidence that bone loss is significantly reduced with Probi®'s probiotic supplement. The product tested in the study contains a unique combination of three patent protected Probi® strains and was given daily for one year. The effect was measured on Bone Mineral Density using Dual-energy X-ray absorptiometry (DXA). The subjects in the placebo group suffered significantly more bone loss over the study period as compared with the subjects treated with the three probiotic strains who were protected against bone loss.

"We are very excited about the results showing an opportunity to delay the progression of bone loss using our probiotics in this healthy population, which potentially may lead to a reduced risk for osteoporosis", says Titti Niskanen, Director R&D & Clinical Operations, Probi®.

"We are proud to be the first probiotic company to launch a probiotic concept within bone health", Tom Rönnlund, CEO, Probi® comments. "We have experienced huge interest after the launch of the product concept to our business partners, and in just one year the concept has already been launched globally, both in Europe, the US and Asia", Tom Rönnlund continues.

#### FOR FURTHER INFORMATION, CONTACT:

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## ABOUT PROBI

*Probi is a world leader within probiotics. Our vision is to help people live healthier lives by delivering effective and well-documented probiotics, with proven health benefits based on scientific research. Probi offers dedicated probiotic expertise and partnership all the way from R&D to finished products for companies within the consumer healthcare and food industry. Our GMP certified manufacturing facilities produce probiotics in custom made formats with value-adding delivery technologies. Founded by scientists in Sweden 1991, Probi is a multinational company with 4 centers of excellence, active in more than 40 markets around the world and holding over 400 patents worldwide. Read more at [www.probi.com](http://www.probi.com).*

- <sup>1)</sup> Jansson P-A, Curiac D, Lazou Ahrén I, Hansson F, Martinsson Niskanen T, Sjögren K, Ohlsson C. Probiotic treatment using a mix of three Lactobacillus strains for lumbar spine bone loss in postmenopausal women: a randomised, double-blind, placebo-controlled, multicentre trial. *Lancet Rheumatol* 2019; 1: e154–62
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