



## PRESS RELEASE

*This information was submitted for disclosure on 17 July 2014 at 08.45 (cet).*

# Another study demonstrates that probiotics from Probi can enhance iron absorption among women of childbearing potential

**A recently announced mealtime study shows that intake of one of Probi's bacterial strains, *Lactobacillus plantarum* DSM 9843, can increase the absorption of iron, which can reduce the risk of iron deficiency. Another study has now confirmed this result.**

The absorption of iron from capsules with and without *Lactobacillus plantarum* DSM 9843, respectively, which was used in the study now reported, demonstrates the same result as in the mealtime study announced on 10 June 2014. The conclusion of the two studies is that intake of freeze-dried *Lactobacillus plantarum* DSM 9843 in capsule form can significantly improve the absorption of iron among women of childbearing potential.

### Background

Iron deficiency and low levels of iron are common among children, adolescents and women of childbearing potential, both in the western world and in developing countries. This can lead to iron deficiency anaemia, with decreased cognition and a poorer immune system as a result. Menstruating women have a considerable need for iron and often lack a sufficiently high intake of iron and/or eat a diet with low iron content. When iron deficiency occurs, the body can increase its absorption of iron, but often not to a degree that is sufficient for the deficiency to disappear. This means that there is a large need for products that promote iron absorption. One alternative for people with iron deficiency is to take medication with a high iron content, but these often have side-effects in the form of gastric discomfort. Taking *Lactobacillus plantarum* DSM 9843 (LP299V<sup>®</sup>), which is contained in ProViva, GoodBelly and Probi Mage<sup>®</sup>, has earlier been demonstrated to reduce gastric problems.

### The study

Women aged 19-45 ate meals with or without a capsule with freeze-dried *Lactobacillus plantarum* DSM 9843. The absorption of iron from the meals was measured using stable iron isotopes. The result of the study, which was conducted by a research group headed by Lena Hulthén, professor of clinical nutrition at Gothenburg University, demonstrated that the absorption of iron from meals containing *Lactobacillus plantarum* DSM 9843 was significantly higher than absorption from meals without probiotic bacteria.

"The results are very encouraging," says Peter Nählstedt, CEO of Probi AB. "Through two studies with concordant results, we now have clinical evidence of the product benefits. During the autumn, we will now be able to focus on preparing a product launch in 2015 in cooperation with our distributors. There is a great need for a product with bio-available iron, which is also gentle on the stomach."

### FOR FURTHER INFORMATION, CONTACT:

Peter Nählstedt, CEO, Probi, tel +46 46 286 89 23 or mobile +46 723 86 99 83, e-mail: [peter.nahlstedt@probi.se](mailto:peter.nahlstedt@probi.se)  
Gun-Britt Fransson, Vice President Research & Development, Probi, tel +46 46 286 89 74 or mobile +46 705 95 73 27, e-mail: [gun-britt.fransson@probi.se](mailto:gun-britt.fransson@probi.se)

### ABOUT PROBI

*Probi AB is a Swedish publicly traded biotechnology company that develops effective and well-documented probiotics. Through its research, Probi has created a strong product portfolio in the gastrointestinal health and immune system areas. The products are available to consumers in more than 30 countries worldwide. The customers are leading food, health-product and pharmaceutical companies in the Functional Food and Consumer Healthcare segments. Probi had sales of MSEK 102 in 2013. The Probi share is listed on NASDAQ OMX Stockholm, Small-cap. Probi has approximately 3,500 shareholders. Read more on [www.probi.com](http://www.probi.com).*