

PROBIOTICS RESOURCE CENTER

Theater Schedule

Speakers Bio & Abstract

DAY 1

Wednesday November 2, 2022

11:20 - 12:00

Dr. Ralf Jäger, FISSN, CISSN, MBA
Managing Member, Incredovo LLC



Bio

Dr. Ralf Jäger is an award-winning speaker on functional foods and dietary supplements. He has authored and published numerous peer-reviewed scientific papers, industry publications and mainstream media articles on gut, brain, joint, and heart health, and is a leading expert in the field of probiotics. A postdoctoral scholar in bio-organic chemistry at the California Institute of Technology (Caltech) in Pasadena, California, Dr. Jäger originally earned his Ph.D. in organic chemistry from the University of Bonn in Germany. He is a Fellow of the International Society of Sports Nutrition (FISSN) and is currently a member of numerous scientific associations, including, most notably, the American Gastroenterological Association (AGA).

Company

Since 1985 exclusively dedicated to probiotics, Probiotal offers full-cycle expertise in research, from isolation to characterization of strains; production of probiotic cultures; development and realization of probiotic/symbiotic finished products clinically tested for specific functionalities. Innovative process technologies and over 80 patent families on probiotics make Probiotal a unique presence in its sector, able to produce: allergen-free probiotic cultures and products, targeted to adults and children with compromised allergy profiles; formulations stabilized for up to 24 months at 25°C in various dosage forms, included oil suspension and chewable chocolate comfits; microencapsulated probiotics gastric-resistant (bowel colonization ability 5 times greater than uncoated cells).



Gut-Brain-Axis: Multi-strain probiotic supplementation increases serotonin levels, mood and sleep quality

Abstract

6 weeks of multi-strain probiotic supplementation (*L. fermentum* LF16, *L. rhamnosus* LR06, *L. plantarum* LP01, and *B. longum* BL04 (Probiotal)) in 70 healthy men and women has been shown to improve mood and sleep quality via the gut- brain-axis in a new clinical study. Probiotic intake significantly increased levels of serotonin, offering a clear mechanistic-of-action for the observed beneficial effects. Most of the improvements were still observed 3 weeks after supplementation was discontinued.

Key Elements

- Probiotic supplementation improved feelings of depression and anxiety
- Probiotic supplementation increased sleep quality
- Probiotic supplementation significantly increases levels of the "feel good" neurotransmitter serotonin, linked to improved focused, emotionally stable, happier and calmer.