

8 consumers in 10 satisfied

with Lactium® 's efficacy!

In addition to its **9 clinical studies over 500 volunteers**, Ingredia conducted in 2021 with Mérieux Nutrisciences a **Lactium® consumer satisfaction study**.

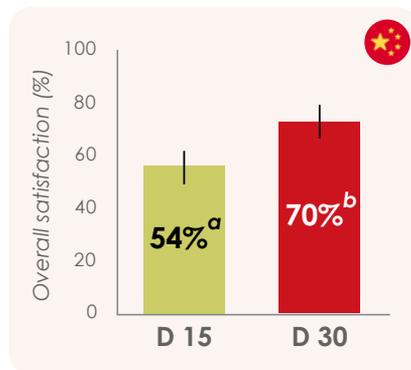
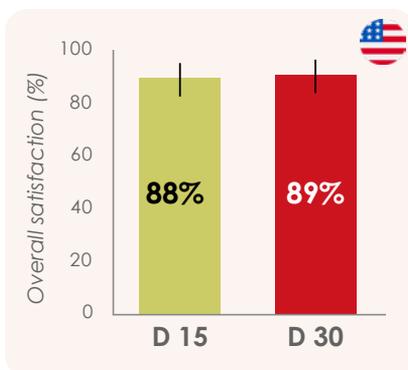
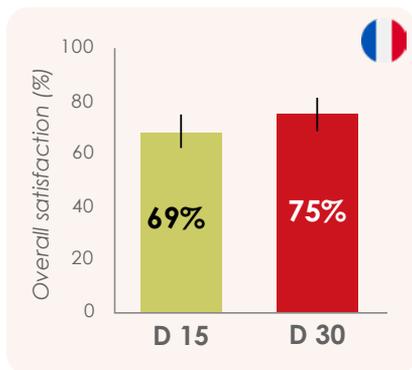
Over **300 subjects across the globe** (US n=111, France n=122, China n=105) suffering from **moderate stress and sleep disorders** were recruited.

Subjects received a 300 mg dose for 30 days and were asked to convey their perception.

Overall satisfaction in **stress** and **sleep improvement**

Study parameters:

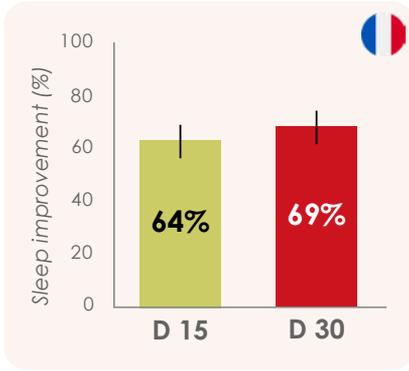
- Satisfaction survey
- PSS-10: to evaluate stress levels
- Spiegel and PSQI: to evaluate sleep disorders



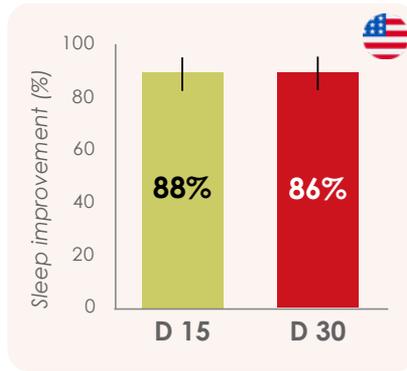
Values with different letters are statistically different

After 30 days of supplementation with 300 mg of Lactium®, an overall 78% of consumers is satisfied.

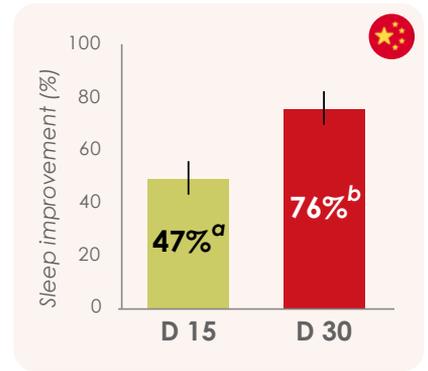
Overall satisfaction in sleep improvement



Spiegel questionnaire ↑*
PSQI ↓*



Spiegel questionnaire ↑*
PSQI ↓*

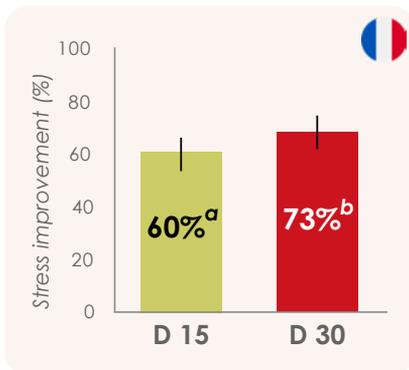


Spiegel questionnaire ↑*
PSQI ↓*

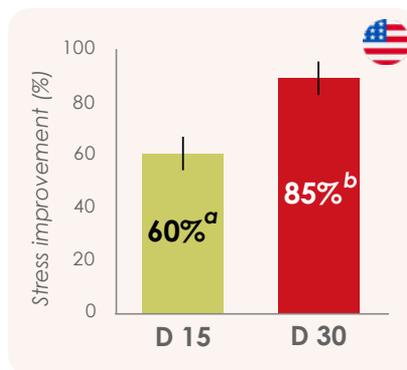
* p<0.001; Values with different letters are statistically different.

After 30 days of supplementation with 300 mg of Lactium®, sleep disorders are improved for 77% of consumers.

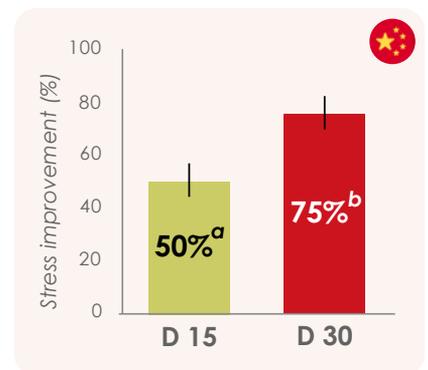
Overall satisfaction in stress improvement



PSS-10 ↓*



PSS-10 ↓*



PSS-10 ↓*

* p<0.001; Values with different letters are statistically different.

After 30 days of supplementation with 300mg of Lactium®, stress symptoms are reduced for 78% of consumers.

How to use our consumer study results in your print ads or packaging?



Apply comparable conditions of use:

- Recommend a 300 mg dose for a 30-day period.



Communicate on how results were obtained:

- If stating "8 consumers in 10 satisfied by Lactium®'s efficacy", indicate in foot note:

*2021 consumer satisfaction study performed in 338 consumers in USA, China and France at a 300 mg dose for 30 days.