

15th April 2026

PRESS RELEASE

Arla Foods Ingredients targets GLP-1 companion nutrition at Vitafoods Europe

Arla Foods Ingredients has developed new solutions to meet the needs of users of GLP-1 anti-obesity medications. The high-protein, nutrient-dense application concepts will be showcased at Vitafoods Europe (5th-7th May 2026 in Barcelona).

Originally developed to treat diabetes, GLP-1 receptor agonists (commonly known as GLP-1s) have re-shaped the weight management market. Among consumers actively trying to lose weight in 2025, 11% globally¹ and 18% in the US² reported using them. These numbers are expected to rise significantly as GLP-1 availability increases, tablet formats emerge and prices fall.³

However, GLP-1 medications are associated with side effects. Following traditional weight management interventions, such as diet or bariatric surgery, lean muscle typically comprises 25% of the total mass lost, but this can increase up to 40% with GLP-1 use.^{4,5,6} Additionally, up to 76% of GLP-1 consumers experience gastric discomfort such as stomach pain, nausea, constipation, diarrhoea and loss of appetite.⁷

To demonstrate how manufacturers can meet the growing demand for GLP-1 companion nutrition that helps manage these side effects, Arla Foods Ingredients has developed new high-protein, functional concepts.

Featuring the high-quality Nutrilac® and Lacprodan® BLG-100 protein solutions, they deliver all the essential amino acids for muscle health in nutrient-dense formats. The concepts also incorporate probiotics / cultures from Novonesis, a global leader in bio-solutions, to support digestive well-being.

The concept includes the following great-tasting formats suitable for reduced appetites:

¹ Euromonitor International, The GLP-1 revolution: insights for food and beverages, 2025

² Innova Market Insights, The GLP-1 effect: redefining food, weight & health in the US, 2025

³ Euromonitor International, The GLP-1 revolution: insights for food and beverages, 2025

⁴ Chaston et al. Changes in fat-free mass during significant weight loss: a systematic review. *International Journal of Obesity*, 2007;31:743

⁵ Wilding et al. (2021). Once-weekly semaglutide in adults with overweight or obesity. *New England Journal of Medicine*, 2021;384(11):989

⁶ Jastreboff et al. (2022). Tirzepatide once weekly for the treatment of obesity. *New England Journal of Medicine*, 2022;387(3):205

⁷ Blundell et al. Effects of once-weekly semaglutide on appetite, energy intake, control of eating, food preference and body weight in subjects with obesity. *Diabetes, Obesity and Metabolism*, 2017;19(9):1242-1251

- A fermented, high-protein shot featuring Nutrilac® ProteinBoost, offering 10g of protein per 70ml serving. Low in fat and lactose-reduced, it has no added sugar
- A fermented, high-protein drinking yoghurt featuring Nutrilac® ProteinBoost and Nutrilac® MFGM. The lactose-reduced recipe provides 20g of protein per 200ml serving
- A fermented, high-protein spoonable yoghurt featuring Nutrilac® ProteinBoost, Nutrilac® YO-7700, and Capolac® milk minerals. Delivering 20g of protein per 120g serving, it is high in calcium, low in fat and lactose-reduced
- A high-protein water-based shot for ambient storage targeting health and medical nutrition. Featuring Lacprodan® BLG-100, it provides 21g of protein per 100ml serving, and is free from fat and sugar and low in lactose.

Anne Widart, Chief Commercial Officer of Arla Foods Ingredients, said: “GLP-1 companion nutrition is a rapidly growing category, with considerable untapped opportunities for dairy manufacturers. Anti-obesity medications are creating a market for more nutrient-dense foods that are high in protein to protect lean muscle mass and are easy to digest. Featuring our specialty proteins, these new concepts can help manufacturers realise that potential. Delivering all the essential amino acids vital for muscle health, they also support gut comfort, and the small serving sizes and great taste appeal to smaller appetites.”

Arla Foods Ingredients will showcase the GLP-1 companion nutrition solutions at Vitafoods Europe in Barcelona (5-7 May, Stand #3G156) alongside two additional concepts:

- An aerated protein bar solution delivering a light, indulgent eating experience and high-quality milk proteins. Made with Nutrilac® PB-8420, AirBar showcases exceptional whipping capacity for stable air incorporation, creating a soft, fluffy texture that stays stable during processing and shelf life
- Ready-to-stir medical nutrition powder solutions with a refreshing taste, no bitterness and low astringency. Made with Lacprodan® BLG-100 Acidic, they offer low viscosity without gelling, even at high protein concentrations, and excellent solubility in cold or warm water or regular foods and drinks.

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About Arla Foods Ingredients

Arla Foods Ingredients is a global leader in improving premium nutrition. Together with our customers, research partners, suppliers, NGOs and others, we discover and deliver documented ingredients and products that can advance lifelong nutrition for the benefit of consumers around the world.

We serve leading global brands in early life nutrition, medical nutrition, sports nutrition, health foods, and other foods and beverages.

Five reasons to choose us:

- We're passionate about improving nutrition
- We innovate by connecting the best
- We master both discovery and delivery
- We build strong, long-lasting partnerships
- We are committed to sustainability

Headquartered in Denmark, Arla Foods Ingredients is a 100% owned subsidiary of Arla Foods.

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