



## GanedenBC<sup>30</sup>® Supports Protein Absorption, Human Clinical Study Shows

**Beloit, WI – December 8, 2020** Leading probiotic ingredient GanedenBC<sup>30</sup>® supports protein absorption, a human clinical study has shown.

GanedenBC<sup>30</sup> (*Bacillus coagulans* GBI-30, 6086®) is a patented spore-forming probiotic ingredient. The new double-blind randomized, controlled crossover study adds to the body of research demonstrating that it can increase amino acid absorption into the bloodstream.

The study was carried out at Lindenwood University in Missouri and is published in the peer-reviewed scientific journal, *Nutrition and Metabolism*.\*

Researchers examined the effect of adding GanedenBC<sup>30</sup> to Ultranor™ MPC, Kerry's nutritional milk protein concentrate. Thirty men and women between the ages of 18 and 55 ingested 25g of Ultranor with or without 1 billion CFUs (colony-forming units) of GanedenBC<sup>30</sup> daily for two weeks. Blood samples were taken at regular intervals and analyzed for concentrations of 22 amino acids.

Significantly greater quantities of amino acids were found in the blood of participants who consumed GanedenBC<sup>30</sup> than those in the control group. They also had higher maximum concentrations of 10 amino acids, signalling increased absorption of the milk protein. Furthermore, consuming GanedenBC<sup>30</sup> with Ultranor reduced time to reach peak concentrations of certain amino acids.

Donald Cox, Ph.D., Director of R&D for GanedenBC<sup>30</sup>, said: "Everyone needs protein, but we can only absorb so much at a time. This study shows that GanedenBC<sup>30</sup> improves amino acid absorption, therefore supporting protein utilization. It's an exciting addition to the wealth of science that makes GanedenBC<sup>30</sup> the leading spore-forming probiotic."

The researchers highlight particular potential in aging populations, because protein absorption takes place less efficiently in seniors, and higher intake is needed to maintain muscle mass and strength. Protein utilization is also a sought-after benefit for athletes, in whom it supports functions such as muscle repair.

Donald Cox added: "This research is a major development in probiotic science and one that offers new opportunities for innovative food and beverage formulation. While other research has demonstrated the benefits of enhanced protein utilization for athletes and seniors, it is also now a mainstream consumer goal. GanedenBC<sup>30</sup> is already supported by over 25 papers. Now, in addition to its many benefits for gut and immune health, manufacturers can point to new evidence that it supports protein absorption."

\*Stecker et al. "Bacillus coagulans GBI-30, 6086 improves amino acid absorption from milk protein", *Nutrition & Metabolism*, 17:93, 23 October 2020

<https://nutritionandmetabolism.biomedcentral.com/articles/10.1186/s12986-020-00515-2>

### **About GanedenBC<sup>30</sup>®**

GanedenBC<sup>30</sup>® (*Bacillus coagulans* GBI-30, 6086) is a patented, FDA GRAS probiotic ingredient found in more than 1,000 leading food and beverage products around the world. It is a shelf-stable, science-backed probiotic strain that has been shown to support digestive health and may aid in protein utilization. Unlike most other probiotic strains, GanedenBC<sup>30</sup> is a spore-former, which makes it highly stable and allows it to remain viable throughout most manufacturing processes and the low pH of stomach acid. Well-researched and easy to formulate into functional food, beverages and companion animal products, GanedenBC<sup>30</sup> is backed by over 25 published papers. Part of Kerry's ProActive Health portfolio, GanedenBC<sup>30</sup> is natural, and available in vegan, non-GMO Project-verified, organic-compliant and allergen-free versions.

For more information, please visit: [BC30Probiotic.com](https://BC30Probiotic.com)

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