

SPECIAL EDITION

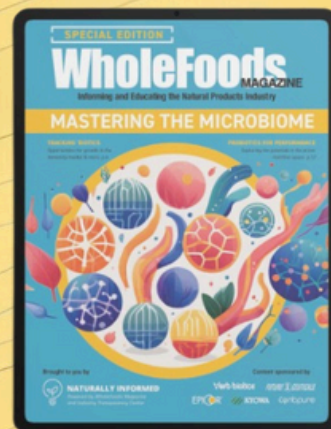
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MICROBIOME  
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MASTERING  
THE  
MICROBIOME



## POSTBIOTICS FOR EPIC IMMUNE & GUT SUPPORT

### Not all postbiotics are the same

Postbiotics are currently enjoying a surge in popularity among consumers and formulators alike, thanks to their significant benefits for gut and immune support, as well as for their ability to withstand various manufacturing challenges associated with live microorganisms. That said, not all postbiotics are equal.

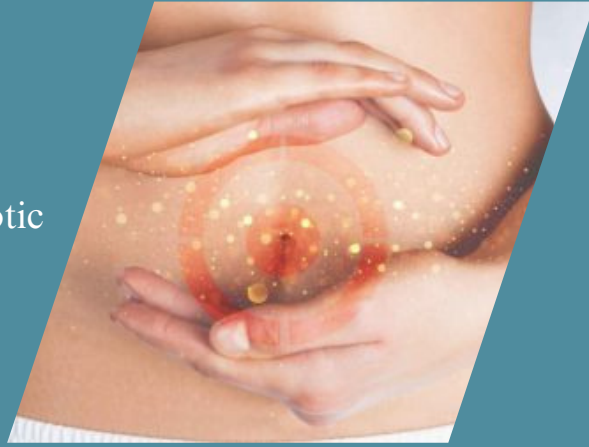
“Each postbiotic is unique based on the microorganisms, fermentation medium and method used, and post-fermentation process,” explained Justin Green, Director of Scientific Affairs at EpiCor, a Cargill brand. What distinguishes EpiCor® postbiotic, a whole-food fermented postbiotic, from category competitors is its strong commitment to science, with more than 15 published studies and significant manufacturing experience, with over 75 years of fermentation expertise. Postbiotics are currently enjoying a surge in popularity among consumers and formulators alike, thanks to their significant benefits for gut and immune support, as well as for their ability to withstand various manufacturing challenges associated with live microorganisms. That said, not all postbiotics are equal.

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### SUPPORTED BY SCIENCE

Since 2006, more than 15 published studies (including eight human clinical trials) have confirmed the safety and efficacy of EpiCor. Some of the earliest studies on EpiCor focused on its immune system response, with one study finding statistically significant increases in immune markers within just two hours of ingesting one 500-mg dose (1).

“EpiCor contains a beneficial mix of metabolites and numerous other health-enhancing bioactive compounds,” Green added. “It’s also the No. 1 selling postbiotic on the market and has been integrated into more dietary supplement products than any other postbiotic.”



Subsequent research found that EpiCor may help support the immune system and alleviate seasonal nasal symptoms (2).

Building on this foundation, additional scientific studies have focused on EpiCor's potential to directly support gut health. These studies suggest EpiCor supports positive changes in the gut’s microbial community (3), but it has also shown promise for reducing bloating, feelings of fullness, and overall digestive discomfort in subjects with occasional stomach upset and constipation (4).

“While there is still much to learn about the gut-immune connection, research findings like these highlight what I see as EpiCor’s overarching benefit—helping people live more healthy days,” said Green.

Beyond its health benefits, EpiCor boasts versatility across different formulations, from capsules, to gummies, to ready-to-drink functional beverages. Unlike probiotics (which must be “alive” to benefit the body), postbiotics are inanimate, and are able to deliver a health benefit even after pasteurization. As a result, EpiCor is appropriate for a range of products where probiotics aren’t particularly suitable—for example, environments with moisture or in products requiring extended shelf life.

#### References:

1. Jensen GS et al. “An anti-inflammatory immunogen from yeast culture induces activation and alters chemokine receptor expression on human natural killer cells and B lymphocytes in vitro.” *Nutrition Research* 2007, 27, 327-335.
2. Moyad MA, et al. “Immunogenic yeast-based fermentation product reduces allergic rhinitis-induced nasal congestion: A randomized, double-blind placebo-controlled trial.” *Adv Ther.* 2009; 26(8):795-804.
3. Possemiers S et al. “A dried yeast fermentate selectively modulates both the luminal and mucosal gut microbiota and protects against inflammation, as studied in an integrated in vitro approach.” *J Agric Food Chem.* 2013; 61 (39): 9380-9392.
4. Pinheiro, I et al. “A yeast fermentate improves gastrointestinal discomfort and constipation by modulation of the gut microbiome: Results from a randomized double-blind placebo-controlled pilot trial.” *BMC Complement Altern Med.* 2017; 17 (1), 441.