



HOWARU® PROTECT SPORT

Helps physically active adults stay healthy for optimal sports performance

Helps maintain your
natural immune defenses

Benefits delivered at 10 billion CFU
of *Bifidobacterium lactis* Bi-07™ and
Lactobacillus acidophilus NCFM®

Available as ready-to-market
products or in concentrate form

Maintaining immune defenses in active sport performers

Germ and viruses are everywhere, and can be the cause of respiratory infections. Over the past decade evidence increasingly suggests that active sport performers can suffer from a higher incidence in infections, due to altered immune functions brought on by increased levels of exercise.

This exercise-induced temporary alteration of natural immune defenses is commonly referred to as the “open window.”

During this “open window” of decreased protection, viruses and bacteria may gain a foothold, increasing the risk of infection — particularly upper respiratory tract infections (URTI) which are associated with impaired sports performance.

DuPont expertise — helping sport performers around the globe

Not all probiotics are the same. DuPont scientists have developed HOWARU® Protect Sport, a unique proprietary* probiotic formulation designed to help physically active adults stay healthy for optimal sports performance.



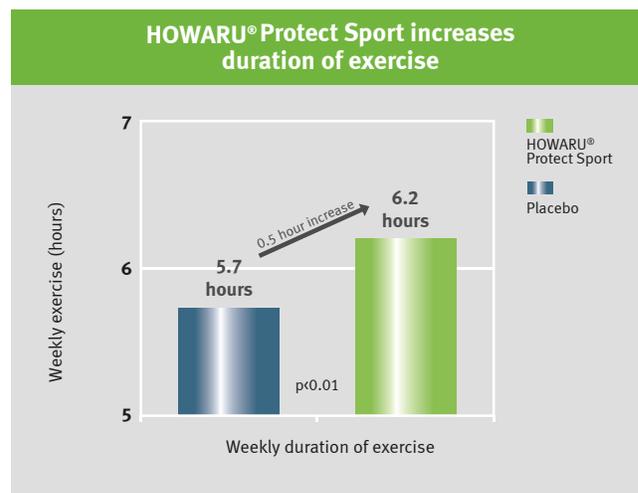
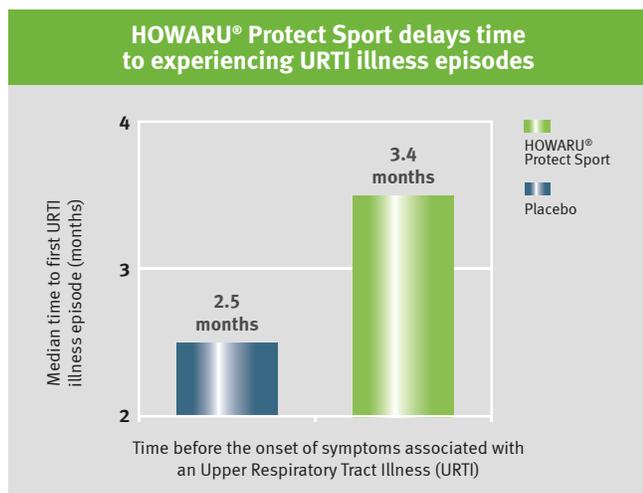
Proven benefits of HOWARU® Protect Sport

In a new study published in *Clinical Nutrition*, HOWARU® Protect Sport was shown to delay time to respiratory tract illness & increase physical activity in physically active adults. The study was conducted in Australia by the Griffith Health Institute at Griffith University and the Australian Institute of Sport. The study, "Probiotic supplementation for respiratory and gastrointestinal illness symptoms in healthy physically active individuals," West et al. *Clinical Nutrition* 2013 measured the effect of daily consumption of the probiotic combination *Bifidobacterium lactis* Bi-07™ and *Lactobacillus acidophilus* NCFM® known commercially as HOWARU® Protect Sport on more

than 300 healthy, physically active men and women over a five-month period. A significant delay in the onset of Upper Respiratory Tract illness was observed among the subjects. The most notable finding was a significantly higher level of physical activity compared to other subjects in the trial, who were taking HOWARU® Protect Sport.

Key findings for HOWARU® Protect Sport:

- Promoted a greater level of physical activity
- Significantly extended exercise duration
- Significantly improved training intensity
- Delayed the onset of respiratory infections



Why choose HOWARU® Protect Sport?

- A documented probiotic solution to help physically active adults stay healthy for optimal sports performance
- A range of convenient ready-to-market formats and concentrate available for the sport nutrition and dietary supplements industries, or as a custom formulation suited to your desired delivery format
- Product concentrate available for the food and beverages industries
- Patented probiotics* for their immune health properties and shelf-stable stabilization technology

Why choose DuPont?

- Leaders in Probiotic science
- Leaders in Sport Nutrition Science
- Unrivalled dietary supplement formulation expertise
- Global and regional applications expertise used widely by the Sport Nutrition, Beverage & Food industries
- Robust regulatory support to help you comply with the requirements of local authorities
- Marketing support and industry insights to help you position your products successfully

*Probiotics Patent family: WO 04/052462

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