HOWARU® PROTECT SPORT

Helps physically active adults stay healthy for optimal sports performance

Your daily challenge

Helping consumers support their immune health

Tailor-made products for the consumer you are targeting

Supporting your products with clinically-documented probiotics

Safe probiotics for your products

Maintaining immune defenses in active sport performers

Germs 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.

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.

DUPONT®

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Proven benefits of HOWARU® Protect Sport

In a 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:

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

HOWARU® Protect Sport: Bi-07™ and NCFM® delays time to experience URTI illness episodes

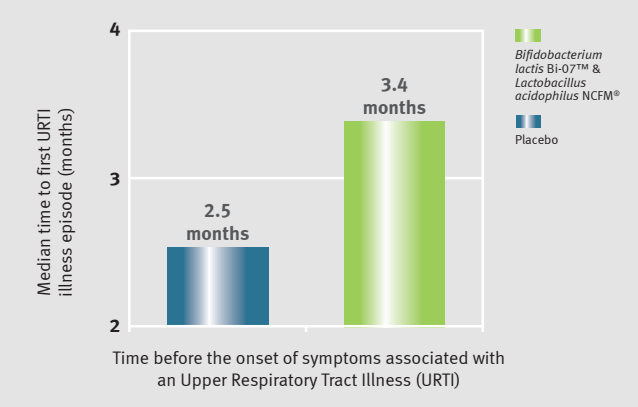

Figure adapted from West et al.

HOWARU® Protect Sport: Bi-07™ and NCFM® increases duration of exercise

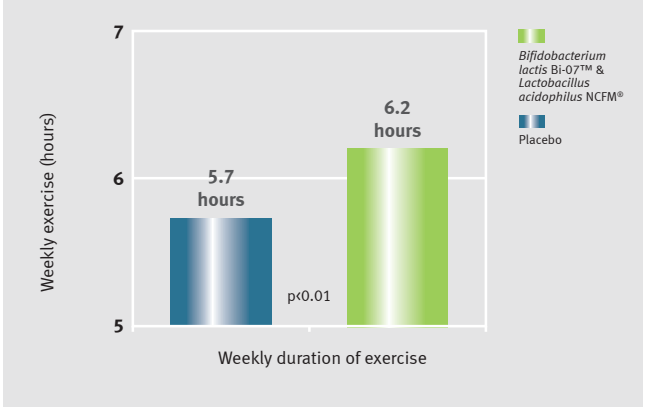

Figure adapted from West et al.

Why choose HOWARU® Protect Sport?

- A documented probiotic solution to help physically active adults stay healthy for optimal sports performance. Benefits delivered at 10 billion CFU of *Bifidobacterium lactis* Bi-07™ and *Lactobacillus acidophilus* NCFM®
- A range of convenient ready-to-market formats and concentrate available for the sports nutrition, consumer health care, dietary supplements, and food and beverage industries, or as a custom formulation suited to your desired delivery format
- Patented probiotics* for their immune health properties and shelf-stable stabilization technology

* Probiotics Patent family: WO 04/052462

Why choose DuPont?

- Leaders in Probiotic and sports nutrition science
- Broadest range of clinically-documented probiotics
- Unrivalled dietary supplement formulation expertise
- Global and regional applications expertise used widely by the sports nutrition, food & beverage industries
- Robust regulatory support to help you comply with local requirements
- Marketing support and industry insights to help you successfully position your products

References

West NP, Horn PL, Pyne DB, Gebski VJ, Lahtinen SJ, Fricker PA, Cripps AW. 2014. Probiotic supplementation for respiratory and gastrointestinal illness symptoms in healthy physically active individuals. Clin Nutr.33(4):581-7. Results reported are from placebo and NCFM & Bi-07 combination; Bl-04 results not shown.

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