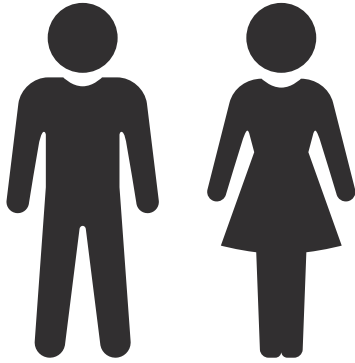


Anti-fatigue effect of Dr. Ohhira's Probiotics (OM-X), fermented plant extract with lactic acid bacteria and bifidobacteria: A randomized, placebo-controlled, double-blind, comparative study

Tested on 38 healthy Japanese men and women who felt fatigue.



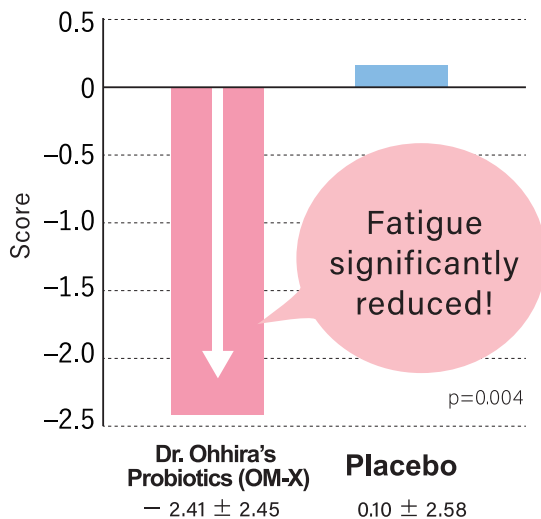
Group A (Dr. Ohhira's Probiotics (OM-X): 3 year fermented product)

Group B (Placebo)

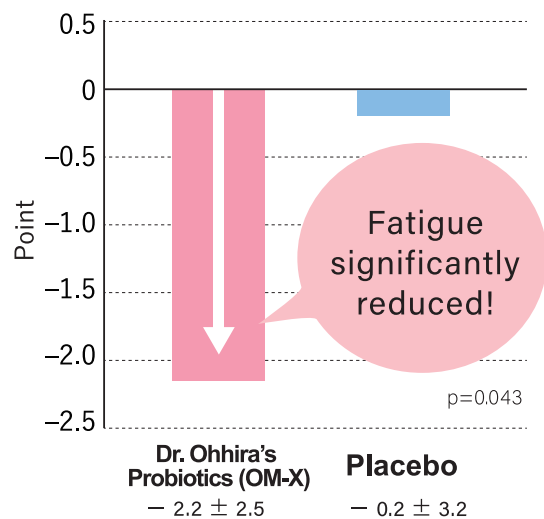
•3 capsules/day •12 weeks of ingestion

Visual analogue scale (VAS) and Chalder fatigue scale (CFS) were used to evaluate the degree of fatigue, and Diacron-reactive oxygen metabolites (d-ROMs) and Biological antioxidant potential (BAP) were measured to appraise the comprehensive antioxidative ability.

Change in the VAS score ($\Delta 0-12w$)



Change in the CFS score ($\Delta 0-12w$)



The VAS is a scale used to evaluate the degree of fatigue wherein the participants are asked to select their own feeling from a scale of 0 (no fatigue) to 10 (extreme fatigue). In this study, the participants rated their fatigue level every 7 days and the Dr. Ohhira's Probiotic (OM-X extract) group showed a significant reduction in fatigue after 12 weeks of intake.

The CFS is an internationally recognized fatigue assessment scale. The participants answered the questionnaire after taking Dr. Ohhira's Probiotics (OM-X extract) or placebo, and it was found that fatigue was significantly reduced in the Dr. Ohhira's Probiotics (OM-X extract) group after 12 weeks of intake.

The ingestion of Dr. Ohhira's Probiotics (OM-X) significantly improved the VAS and CFS scores. Additionally, the comprehensive anti-oxidative ability (modified BAP/d-ROMs ratio) increased.

(Modified BAP/d-ROM ratio has no significant difference between the groups. It is likely due to the fact that the individual variation was large.)

Anti-fatigue research conducted on Dr. Ohhira's Probiotics (OM-X Extract)

Activation of anti-fatigue related genes in the liver (2020)

Anti-fatigue effect by improving muscle endurance (2017)

Increased antioxidant activity and length of fermentation period (2015)

