



IMMUSE® heat-treated *Lactococcus lactis* strain Plasma postbiotic (Kyowa Hakko)

What is it?

IMMUSE® (*Lactococcus lactis* strain Plasma) is a postbiotic, an inactivated bacteria that supports human health. Whereas probiotics are live microorganisms, postbiotics are heat treated or otherwise inactivated, meaning they can withstand the rigors of food manufacturing to provide health benefits for consumers.

What benefits does it offer?

IMMUSE® supports both aspects of our immune system—innate, or general non-specific immune system, and adaptive, or specialized specific immune system—by stimulating plasmacytoid dendritic cells (pDCs). (<https://immusehealth.com/science-based-immune-support/vital-role-of-pdcs>) IMMUSE® also supports the skin microbiome, further supporting the immune system as our skin is the first line of defense against bacteria and viruses.

To date, IMMUSE® has been evaluated in 29 peer-reviewed studies, including 14 human clinical trials on adults and school-aged children, and has been shown as safe and well tolerated. (<https://immusehealth.com/science-based-immune-support>) A recent study on over 150 office workers showed IMMUSE® significantly increased presenteeism, suggesting IMMUSE® may support office productivity because of its immune support. Another study on athletes undergoing high intensity training showed IMMUSE® led to less fatigue and less sneeze/runny nose symptoms as compared to a placebo.

For more information, visit <https://immusehealth.com/>.