



Press release - Amsterdam, July 10, 2023

Danone launches new science-based probiotic supplement to support breastfeeding experiences

- **Mastitis, which affects approximately 1 out of 4 breastfeeding mothers¹, is considered one of the leading causes of an early and unwanted end to breastfeeding²**
- **Danone's new probiotic supplement, Almimama, now launched in Spain, can support breastfeeding by helping to reduce the incidence of mastitis, according to findings from a clinical study**
- **Despite the well-established benefits of breastfeeding for the health of both mother and baby, only 48% of babies under 6 months of age are exclusively breastfed³**

Danone has used its expertise in breastmilk research and breastfeeding to develop Almimama, a probiotic supplement that can help reduce the incidence of mastitis. Affecting approximately one in four mothers¹, mastitis (inflammation in the breast) causes flu-like symptoms and breast pain, as well as skin rashes, fever and breast engorgement.

Breastmilk is widely recognized as nature's most powerful nutrition and tailored for a baby's needs, providing many short- and long-term benefits for both babies and mothers. Despite these benefits, only 48% of babies under six months of age are exclusively breastfed³. Research has shown complications like mastitis are one of the key barriers to continue breastfeeding⁴.

Research has shown probiotic supplementation during late pregnancy and in the early stages of breastfeeding reduces the incidence of mastitis^{2,5}. Probiotics or "good bacteria" are live microorganisms that, when administered in adequate amounts, bring a health benefit to the people consuming them. Almimama is the only synbiotic supplement for pregnant or lactating mothers that combines the probiotic strain *L. salivarius* PS2 with fructo-oligosaccharides (FOS).

A recent study found that taking probiotics with this specific probiotic strain can significantly reduce the incidence of mastitis by up to 59% compared to placebo if taken during pregnancy². Because mastitis is considered one of the main reasons mothers stop breastfeeding, Almimama has the potential to support or extend the duration of

¹ Wilson, E.; Woodd, S.L.; Benova, L. Incidence of and Risk Factors for Lactational Mastitis: A Systematic Review. *J. Hum. Lact.* 2020, 36, 673–686. [CrossRef]

² Jiménez E, Manzano S, Schlembach D, Arciszewski K, Martin R, Ben Amor K, Roelofs M, Knol J, Rodríguez JM, Abou-Dakn M, Premium Study Group. *Ligilactobacillus salivarius* PS2 Supplementation during Pregnancy and Lactation Prevents Mastitis: A Randomised Controlled Trial. *Microorganisms*. 2021.

³ UNICEF. Too few children benefit from recommended breastfeeding practices. Available at: <https://data.unicef.org/topic/nutrition/breastfeeding/#:~:text=Yet%20despite%20all%20the%20potential,age%20worldwide%20are%20exclusively%20breastfed>.

⁴ Pevzner M, Dahan A. Mastitis While Breastfeeding: Prevention, the Importance of Proper Treatment, and Potential Complications. *J Clin Med*. 2020 Jul 22;9(8):2328.

⁵ Fernández L, Cárdenas N, Arroyo R, Manzano S, Jiménez E, Martín V, Rodríguez JM. Prevention of Infectious Mastitis by Oral Administration of *Lactobacillus salivarius* PS2 During Late Pregnancy. *Clin Infect Dis*. 2016;62(5):568-73

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breastfeeding. It is recommended to be taken in the third trimester of pregnancy and during breastfeeding.

“Many women say during pregnancy they used to imagine what it would be like to give birth, but they never, or rarely, consider not being able to breastfeed. They are given little information in this regard and may not know that complications occur in up to one-third of cases. We understand this can be distressing and, with this solution, we hope to support mothers in extending their breastfeeding journey as long as possible,” commented Rocio Martin, Global Medical and Scientific Affairs Director at Danone.

Danone is committed to supporting parents in all feeding journeys. With the launch of Almomama in Spain, it concretely reinforces its support of the journey of breastfeeding mothers. Almomama is provided in packs of 30 powdered sachets, to be taken once a day as per the recommended dose. The supplement has a neutral taste and dissolves quickly in water. Each pack features a special QR code linking to online content about breastfeeding and its benefits.

About the PREMIUM study

The PREMIUM study, supported by Danone and published in *Microorganisms*, reveals that a nutritional intervention with the probiotic strain *Lactobacillus salivarius* PS2 can help prevent this breastfeeding complication. As part of the study, 328 healthy pregnant women from four different countries received either a daily probiotic supplement with *L. salivarius* PS2 or placebo from week 35 of pregnancy until week 12 postpartum. The results showed that mothers who received probiotic supplementation were 59% less likely to develop mastitis compared to those who received a placebo. Even in the case of mastitis, the group receiving the probiotic experienced less breast pain and used fewer antibiotics although the differences in these values were not statistically significant.

About Danone (www.danone.com)

Danone is a leading global food and beverage company operating in three health-focused, fast-growing and on-trend categories: Essential Dairy & Plant-Based products, Waters and Specialized Nutrition. With a long-standing mission of bringing health through food to as many people as possible, Danone aims to inspire healthier and more sustainable eating and drinking practices while committing to achieve measurable nutritional, social, societal and environment impact. Danone has defined its Renew strategy to restore growth, competitiveness, and value creation for the long-term. With 100,000 employees, and products sold in over 120 markets, Danone generated €27.7 billion in sales in 2022. Danone's portfolio includes leading international brands (Actimel, Activia, Alpro, Aptamil, Danette, Danio, Danonino, evian, Nutricia, Nutrilon, Volvic, among others) as well as strong local and regional brands (including Aqua, Blédina, Bonafont, Cow & Gate, Mizone, Oikos and Silk). Listed on Euronext Paris and present on the OTCQX market via an ADR (American Depositary Receipt) program, Danone is a component stock of leading sustainability indexes including the ones managed by Vigeo Eiris and Sustainalytics, as well as the Ethibel Sustainability Index, the MSCI ESG Indexes, the FTSE4Good Index Series, Bloomberg Gender Equality Index, and the Access to Nutrition Index. By 2025, Danone aims to become one of the first multinational companies to obtain global B Corp™ certification.

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