

# llfc

## Symptoms



20 week(s) to complete

£100 Amazon Voucher

Experiment

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This study is to investigate whether a combination of (poly)phenols and probiotics will improve mood, anxiety and other menopausal symptoms for postmenopausal women via a gut microbiota related mechanism. We will conduct a double-blind randomized crossover study with 15 postmenopausal women to test the effects of 8+8 weeks daily consumption of a combination of a (poly)phenol supplement and a probiotic supplement.

Find out more online

Poster printed on 21/05/2024 Study expires on 31/10/2024

## More info

by scanning the QR code  
or visiting the URL

# www.cfp.cc/2X4RQ3

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