

6 week(s) to complete

£20 Amazon voucher and FREE gut microbiome analysis report (normally costs £295)

Experiment

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This proof-of-concept study aims to investigate the effects of symbiotic supplements on mental wellbeing and cognition in healthy adults. By exploring the molecular mechanisms linking nutrition, gut microbiome health, and cognitive outcomes, the study hopes to provide valuable insights into how dietary interventions can support mental and cognitive health.

Find out more online

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More info

by scanning the QR code or visiting the URL

www.cfp.cc/NOV7A3

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