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## With Ingredia Health, successfully support your consumers self-care routine!

### Listen to yourself, synchronize with your feelings and optimize your well-being...

In 2024, **mental well-being and sound sleep** are still **central stage in self-care trends**.

Consumers **still pay great attention to their mental health as shows a market growing at a +8%** rate vs last year\*. Attention to quality of sleep, not only for its impact on mental health but also on immunity boosting is high among consumers, and sleep-tech start-ups flourish. The market of **sleep aid supplements has grown at a +6% pace in 5 year-CAGR\***.

To step up their stress-relief routine, your consumers can count on **Lactium® and its 9 clinical studies on more than 500 volunteers**. Lactium®'s **efficacy in stress and sleep is praised by 8 consumers in 10 around the world**, as shown in our latest consumer study.

### Eat well and do not exhaust unnecessarily your body...

**With a +50% growth in product launches\*\* and 30% of consumers willing to address their blood sugar health in the coming 12 months\*\*\***, the glucose metabolic health is also a growing topic. Our sedentary way of life, lack of physical activity and consumption of unhealthy food is paving the way for type 2 diabetes and consciousness about it is rising. Biohackers and sports addicts use glucometers to closely monitor their glycemia in an unprecedented way.

**Pep2dia® with its inhibition of alpha-glucosidase** and ability to limit the transformation of complex sugars into simple ones, **smoothes sugar spikes after meals**. Sugar crashes and associated fatigue is reduced, for an enhanced vitality.

### Boost your immune system and gut health for year-long energy!

**Gut health still leads the way among dietary supplements' sales in Western Europe**, with an average +6% in the past 5 years, and a +10% vs 2022. **Closely followed by immunity (+13% in the past 5 years) it is a core concern for consumers of all age**.

Strong with antiviral and antimicrobial properties, our **lactoferrin Proferrin, pure at 95%**, and our **Prodiet® Colostrum** both help boost your immune and gut health, to live life to the fullest!

\* Euromonitor 2023 \*\* Mintel 2023 \*\*\* FMCG Gurus 2023, survey AN586

### Join us at Food Ingredients China

March 17 - 19, 2025

Shanghai

Ingredia Booth #3A10-B11



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