

August 15, 2023

I am writing this letter to express my support, longstanding appreciation, and optimism for Natren probiotics, coming from the perspective of an experienced clinical research scientist and professor within a leading United States school of medicine.

I have been on faculty at the University of Maryland School of Medicine (UMSOM) since 2010 and have served as the Director of the Center for Integrative Medicine at UMSOM since 2019. Our Center has collectively published over 1,000 peer-reviewed publications, received over \$50 million in research funding, and has been designated an NIH Center of Excellence in research. We have educated many thousands of medical students, physicians, and other healthcare professionals. In addition, we have provided clinical care to thousands of patients who commonly have multiple chronic comorbidities.

For many years, the focus of our Center's research, education, and clinical care has been non-pharmacological approaches to optimize human health. Nutrition and dietary supplementation have been core areas of this focus. Within this field, there is no more powerful intervention than high-quality probiotic supplementation to address the root causes of many of the most common chronic diseases. It has been well-established for many years that probiotic supplementation can promote gastrointestinal health. An explosion of research in the field has revealed that probiotics can improve immune health, skin disorders, mental health, and even autism. This explosion of research has led to tremendous growth in the probiotic supplement market.

As promising as this growth is, the quality of commercially available probiotic supplements varies tremendously. Most products do not contain the amount of microorganisms listed on the label by the time they reach the consumer. Even more concerning, they often contain different microorganisms - some of which can be harmful - than those listed on the label. This explains the inconsistent effects that many consumers experience with probiotic supplementation.

Natren probiotics are the only commercially-available products that I trust for our patients due to their unparalleled quality. From the state-of-the-art fermentation facility that I have visited personally, to the careful manufacturing process, to the equally careful shipping and storage processes, to the wealth of clinical research, there is simply no other brand that consistently delivers results to consumers.

In brief, the keys to choosing a high-quality probiotic supplement as outlined in a peer-reviewed publication that my team and I published in *Nutrition* (PMID: 28870406) are as follows:

“In light of the varying strain-specific effects of many probiotic species, probiotics that specify the strain of each species in the product are preferable to help ensure known and desirable clinical effects. At present, only a select few commercially available probiotic supplements specify the strains of the probiotic microorganisms and more products should follow suit. Additionally, probiotic manufacturing, shipping, and storage processes can all affect the viability and maintenance of the desired dosage of the probiotic microorganisms by the time they are consumed. Probiotics used in research and clinical care ideally should be shipped and stored cold to ensure viability throughout the shipping and storage process. More generally, supportive evidence of the clinical effects and viable potency of the probiotics by the time they arrive to the clinic or consumer is of paramount importance for optimal efficacy. At present, there are no requirements for providing information on the strain, timing of administration, shipping and storage conditions, or evidence of potency on the labels of probiotic products.”

Excerpt from: Parker EA, Roy T, D’Adamo CR, Wieland LS (2018). Probiotics and Gastrointestinal Conditions: An Overview of Evidence from the Cochrane Collaboration. *Nutrition* 45:125-134.e11.

To my knowledge, Natren probiotics are the only commercially-available products that meet - and exceed - these important metrics of quality. This presents an immediate market differentiator as genuinely premium products that deliver results where competing products fail. Most commercially-available products seem to focus more on marketing than quality.

Please feel free to contact me if you would like me to expound upon any of these points. It is my most authentic belief that with proper support, Natren probiotics can improve the health and wellbeing of millions of people worldwide who could benefit from these exceptional products.

Sincerely,



Chris D'Adamo, Ph.D.  
University of Maryland School of Medicine  
*Assistant Professor*  
Department of Family and Community Medicine  
Department of Epidemiology and Public Health  
*Director*  
Center for Integrative Medicine  
520 W. Lombard Street, East Hall  
Baltimore, MD 21201  
410-706-6165  
Email: [cdadamo@som.umaryland.edu](mailto:cdadamo@som.umaryland.edu)