

Lallemand Health launches Cerenity probiotic formula to support healthy ageing

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Lallemand Health Solutions announced the launch of a newly studied formula in its healthy ageing portfolio. Cerenity® is a powerful blend of three flagship probiotic strains, designed to modulate the gut-muscle axis, for healthy ageing from within. Studied in a new clinical trial, Cerenity, combined with a prebiotic, supports mobility, strength, and quality of life in healthy ageing.

This randomised, double-blind, placebo-controlled study investigated the effects of Cerenity® supplementation on strength, physical performance, and muscle architecture in 64 healthy elderly individuals aged 60 to 85 years over a 16-week intake period, followed by a 4-week follow-up. Participants took 6 billion CFU of Cerenity® and 900 milligrams of inulin, or a placebo, in one sachet (1.8g), dissolved in water, daily.

The study reveals significant improvement in mobility, coordination, endurance and muscle strength compared to placebo as measured by handgrip strength, Short Physical Performance Battery and Timed Up and Go tests. It also shows significant improvement of the vastus intermedius muscle morphology compared to placebo, suggesting an increase in power in the quadricep area [Manuscript in preparation].

Camille Binachon, Marketing Group Manager at Lallemand Health Solutions explains:

"As we age, gut health naturally evolves, leading to a decline in microbiota diversity and a reduction in beneficial bacteria. These changes can have a notable impact on muscle mass and function, reinforcing the link between gut microbiota and mobility. Recent studies emphasise the gut-muscle axis as a key factor in maintaining muscle strength, highlighting the influence of gut microbiota on physical performance. Our latest research sheds light on how specific probiotics can support this connection, offering a promising approach to improving mobility, strength, and overall well-being in older adults."