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Superbrewed Food announces clinical study of postbiotic cultured protein benefits

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Superbrewed Food, a trailblazer in innovative food ingredients, announces the presentation of research conducted in collaboration with Texas Woman's University. The study found that Postbiotic Cultured Protein appears equivalent to whey as a dietary protein source for supporting muscle health and may be a better option than whey protein for individuals at risk for

type 2 diabetes. The study's findings were showcased at the American College of Sports Medicine annual meeting in Atlanta.

This study is one in a series of university research investigations sponsored by Superbrewed Food to highlight the benefits of Postbiotic Cultured Protein compared to other proteins. The research examined the effects of Superbrewed Food's Postbiotic Cultured Protein on amino acid appearance in blood, and blood glucose and insulin responses, compared to whey protein concentrate, both with and without an added carbohydrate source (maltodextrin).

Postbiotic Cultured Protein delivered similar increases in branched-chain amino acid (BCAA) appearance compared to whey protein, which is important for muscle building and long-term muscle health. When consumed with carbohydrates, it also produced a more stable insulin response, with significantly lower insulin levels during the first 90 minutes than whey protein consumed with carbohydrates. This suggests a potentially more favourable metabolic profile.