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From lab to lifestyle: ADMâ??s postbiotic CP2305 expands gut-brain potential

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Helen Hu, President of Health & Wellness for APAC at ADM



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The link between gut health and mental well-being has emerged as an exciting area of focus in nutrition science. Consumers are increasingly looking for holistic solutions to address stress, sleep, and mood. Central to this movement is Lactobacillus gasseri CP2305, a clinically supported postbiotic recognised for its benefits to the gut-brain axis.

In an exclusive interview with NUFFOODS Spectrum, Helen Hu, President of Health & Wellness for APAC at ADM, discusses what makes CP2305 a game-changer in microbiome innovation. She also explores how it addresses the growing demand for multifunctional wellness solutions in the Asia-Pacific region and explains why ADMâ??s partnership with Asahi Group Foods represents a significant step forward in making science-based gut-brain health accessible across various formats and regions.

What makes Lactobacillus gasseri CP2305 a standout ingredient in the gut-brain health category, and how does its postbiotic nature differentiate it from traditional probiotics?

The growing body of gut microbiome research continues to highlight the close connection between the gut and the brain, which has opened up exciting possibilities for microbiome-based solutions to support various aspects of well-being.

L. gasseri CP2305 stands out in this space as a postbiotic with clinically documented benefits specifically tied to gut-brain health. Unlike traditional probiotics, which rely on live bacteria, postbiotics like L. gasseri CP2305 consist of inactivated

bacterial cells or their components[1], offering greater stability and consistency while still delivering functional benefits.

What truly sets L. gasseri CP2305 apart is the strength of its clinical backing. It is supported by eight human clinical trials, six of which focus on its impact on stress, mood, and sleep. This robust evidence base provides confidence in the postbioticâ??s targeted areas of support.

Another key differentiator is its ability to support reduced stress, improved sleep quality and a more balanced mood[2],[3],[4] , meeting growing consumer demand for holistic wellness solutions that go beyond digestive health to include emotional and mental well-being.

The gut-brain axis is gaining growing attention from both researchers and consumers. What are the key trends currently driving demand for solutions targeting mood, sleep, and stress?

Several trends are reshaping demand for mood, sleep, and stress solutions. Firstly, consumers increasingly view emotional, mental, and physical health as interconnected, driving interest in solutions that support multiple dimensions of well-being. In Asia-Pacific, for example, 41% of consumers define good health through the lens of mental well-being and about one-third seek functional foods and beverages for emotional balance[5].

Secondly, innovation in functional formats is making mood, sleep, and stress support more accessible. Consumers are gravitating toward science-backed functional foods and beverages, such as sleep-promoting drinks or adaptogenic snacks that fit seamlessly into daily routines. The appeal lies in efficacy, convenience, and sensory experience, with delivery formats like gummies and dissolvable powders gaining popularity.

However, sleep remains an unmet need in Asia-Pacific, with strong potential for solutions that address evolving consumer demands. Across markets like China, India, and Indonesia, sleep disturbances, stress, and anxiety are top concerns across age groups[6]. These gaps present strong opportunities for science-backed, multifunctional products that fit seamlessly into consumersâ?? routines.

ADM has been expanding its health and wellness portfolio. How does this exclusive partnership with Asahi Group Foods and the inclusion of CP2305 align with ADMâ??s long-term strategy in microbiome innovation?

Our partnership with Asahi Group brings L. gasseri CP2305 into our health and wellness portfolio â?? an ingredient clinically shown to support stress management, mood balance, and better sleep. This addition enables brands to create innovative functional foods and supplements that address top wellness priorities for consumers globally.

By introducing L. gasseri CP2305, weâ??re expanding microbiome-based solutions that combine science and practicality to meet the evolving needs of health-conscious consumers.

With CP2305 being heat-stable, what kinds of product formats and applications become possible that werenâ??t feasible with traditional probiotics?

L. gasseri CP2305 is heat-stable and does not require refrigeration, overcoming the traditional challenges of probiotic viability and enabling incorporation into a wide range of product formats â?? from functional foods to powdered beverages and traditional capsules and tablets.

This adaptability allows it to meet wellness demands without compromising shelf life or production efficiency.

Can you share insights from the clinical trials supporting CP2305â??s benefits and how these findings translate into real-world value for health-conscious consumers?

L. gasseri CP2305 is backed by eight human clinical trials, which demonstrate its potential to support emotional well-being, sleep quality, recovery from physical exercise, and even aspects of womenâ??s health:

Reduce stress and anxiety, helping individuals manage the pressures of daily life more effectively.

Improve sleep quality, including faster sleep onset, longer sleep duration, and better sleep efficiency2,3,4, based on both validated questionnaires and objective electroencephalography (EEG) measurements3,4.

Support womenâ??s health by promoting emotional balance, healthier skin appearance, reduced vaginal discomfort, and improved bowel regularity in young women and those experiencing menopause6.

Aid recovery from exercise by reducing stress and occasional fatigue in athletes and supporting mitochondrial health[7].

Support digestive balance by normalising bowel movement frequency and modulating the gut microbiota, including an increase in Bifidobacterium and reduction of potentially harmful metabolites like p-cresol8.

For consumers, this means a multifunctional, science-backed solution that supports everyday resilience and well-being. From managing stress and improving sleep to feeling more balanced, L. gasseri CP2305 meets the growing demand for holistic wellness solutions that go beyond digestive health to support overall health.

Looking ahead, what kind of innovation or collaborations can we expect from ADM in the gut-brain health space, especially in regions beyond Asia?

Looking ahead, we will leverage our global reach and partnership with Asahi Group to expand the distribution of L. gasseri CP2305 across North America, Europe, and Asia* through strategic collaborations with food and supplement brands. We see strong potential for innovation in convenient, science-backed formats designed to support stress, mood, and sleep.

With deep local insights and expertise in microbiome solutions â?? spanning pre-, pro-, and postbiotics â?? weâ??re helping brands develop tailored products that meet regional preferences and regulatory standards. Backed by a robust network of scientists and formulation experts, weâ??re delivering the next generation of science-backed wellness solutions to meet the evolving needs of todayâ??s consumers.

* Excludes Japan and Taiwan

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[1] https://www.sciencedirect.com/science/article/pii/S0261561423002042

[2] *Nishida, K., et al., (2017) Journal of Applied Microbiology 123:1561-1570*

[3] *Nishida, K., et al., (2017) Journal of Functional Foods 36:112â??121*

[4] *Nishida, K., et al., (2019) Nutrients 11:1859*

[5] *FMCG Gurus, Health & Wellness Trends in APAC 2025*

[6] *https://www.innovamarketinsights.com/trends/health-and-wellness-trends-in-asia-pacific/*

[7] *Sawada, D., et al., (2019) Journal of Functional Foods 57:465â??476*

Shraddha Warde

shraddha.warde@mmactiv.com