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OptiBiotix Health PLC
20 June 2024

OptiBiotix Health plc

("OptiBiotix" or the "Company")

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Slimbiome study results

OptiBiotix Health plc (AIM: OPTI), a life sciences business developing compounds to tackle obesity, cardiovascular disease, diabetes and skincare, notes the latest results from the human studies carried out at Roehampton University, London on OptiBiotix's SlimBiome®.

Study outcomes, awaiting publication, suggested SlimBiome® intake had a major impact on insulin response combined with significantly lower feelings of hunger, a lower desire to eat, and significantly higher levels of fullness within 15 minutes, for over two hours after consumption. This is one of four studies which have consistently shown SlimBiome® reduces hunger and food cravings leading to users both reducing the amount of food and changing the type of food they eat, to less calorie intense food leading to sustainable weight management. This suggests that SlimBiome® can be used as a natural alternative to the current anti-obesity drugs on the market.

These findings on the acute impact of one dose of SlimBiome® are consistent with those of a previous first study, also carried out by Professor Adele Costabile, published in the Journal of Functional Foods (November 2020) which showed that volunteers taking SlimBiome® for four weeks experienced a 21% reduction in cravings for sweet foods and a 30% reduction in cravings for savoury foods.

Stephen O'Hara, CEO of OptiBiotix Health plc commented: "*We're delighted to see these study results which continue to prove the efficacy of Slimbiome® to reduce hunger and food cravings which changes the amount and type of food people eat leading to sustainable weight management. The current anti-obesity drugs available on the market are not suitable for everyone, and Slimbiome® represents a natural alternative that can be widely used with no adverse side effects. Whilst using different mechanisms of action, SlimBiome® and anti-obesity drugs work in a similar way by regulating insulin response and promoting the feelings of fullness by slowing down stomach emptying.*"

SlimBiome® is available here in sachets as SlimBiome Medical®/SlimBiome X3 or in meal replacements, bars, gummies, and soups/porridges and is increasingly being used by major sports nutrition brands to support lean body development.

For the full press release issued by the University of Roehampton, see below.

The Directors of the Company are responsible for the release of this announcement.

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About OptiBiotix - www.optibiotix.com

OptiBiotix Health plc (AIM: OPTI), which was formed in March 2012, brings science to the development of compounds which modify the human microbiome - the collective genome of the microbes in the body - in order to prevent and manage human disease and promote wellness.

OptiBiotix has an extensive R&D programme working with leading academics in the development of microbial strains, compounds, and formulations which are used as active ingredients and supplements. More than twenty international food and healthcare supplement companies have signed agreements with OptiBiotix to incorporate their human microbiome modulators into a wide range of food products and drinks.

OptiBiotix is also developing its own range of consumer supplements and health products. The Company's current areas of focus include obesity, cardiovascular health, and diabetes.

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Roehampton University studies suggest a natural alternative to anti-obesity drugs

The latest results from human studies reinforce findings that a mineral enriched prebiotic fibre complex can help reduce hunger by 27% and support the feeling of fullness by 35% offering a rapid and natural solution for those seeking support in weight management.

The latest results from a study conducted by Professor Adele Costabile at the University of Roehampton using Optibitix's SlimBiome® saw 20 volunteers given 50g (12 teaspoons) of sugar with and without SlimBiome®. Study outcomes, awaiting publication, suggested SlimBiome® intake had a significant impact on insulin response combined with significantly lower feelings of hunger, a lower desire to eat, and significantly higher levels of fullness for over two hours after consumption.

These findings on the acute impact of one dose of SlimBiome are consistent with those of a previous first study, also carried out by Professor Adele and her team, published in the Journal of Functional Foods (November 2020) which showed that taking SlimBiome® for four weeks volunteers experienced a 21% reduction in cravings for sweet foods and a 30% reduction in cravings for savoury foods.

Overall, 90% of volunteers lost weight and all volunteers reported a reduction in waist and hip circumference and lost body fat. In addition, volunteers improved their mood by 26%, suggesting they were losing weight without feeling hungry or craving for food making it more sustainable. The results also showed a significant change in volunteers gut microbiome with a statistically significant increase in microbes associated with a lean body.

A report in November 2023 from J.P. Morgan Research forecast the anti-obesity drug market will exceed $100 bn by 2030. However, manufacturers and regulatory agencies report a number of common adverse effects including

nausea, diarrhoea, stomach pain, vomiting and constipation. These possible side effects suggest they may not be suitable for all.

These studies suggest that a natural ingredient like SlimBiome®, which was tolerated well in all studies, may offer a natural approach to managing hunger and food cravings to support weight management. Whilst using different mechanisms of action, SlimBiome® and anti-obesity drugs work in a similar way by regulating insulin response and promoting the feelings of fullness by slowing down stomach emptying.

Professor Adele Costabile of the University of Roehampton commented: "*Our studies show a mineral enriched prebiotic fibre complex called SlimBiome can reduce hunger and food cravings providing a natural and safe alternative to anti- obesity drugs. Most diets rely on a person's self-control to restrict calories and, consequently, have a high failure rate. This new approach to weight loss suggests that controlling appetite can help reduce calorie intake and improve the likelihood of success. We are proud Roehampton is at the forefront of this scientific revolution in weight management.*"

Co-investigator of the studies Dr. Michael Patterson of the University of Roehampton said: *"Recent anti-obesity drugs mimicking appetite supressing gut hormones are an important advance in the treatment of obesity,but are not suitable for all. Prebiotics like Slimbiome represent an exciting alternative, and we think they increase secretion of your natural gut hormones and this contributes to the suppression of hunger we observe with Slimbiome."*

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