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OptiBiotix Health PLC
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OptiBiotix Health plc
("OptiBiotix" or the "Company" or "the Group")

New SlimBiome® study published in European Journal of Nutrition

OptiBiotix Health plc (AIM: OPTI), a life sciences business developing products which reduce hunger and food cravings, enhance the gut microbiome, and sweet fibres as healthy sugar substitutes, announces the publication of a new peer-reviewed study on SlimBiome® in the European Journal of Nutrition. The European Journal of Nutrition is a peer reviewed, international journal that has a high impact factor with its articles widely cited and influential in its field.

The double-blind placebo-controlled study, led by Adele Costabile, Professor of Clinical Nutrition and the Microbiome at the University of Roehampton, found a single 3g dose of SlimBiome significantly reduced insulin levels, hunger, and the desire to eat whilst increasing the feeling of fullness. These are key factors in appetite regulation and the study conclusion highlights the potential of SlimBiome® as a non-pharmaceutical approach to weight management.Prof Costabile will present her findings at the 18th International Scientific Conference on Probiotics, Prebiotics, Gut Microbiota and Health being held on 24-26 June 2025.

These findings on the impact of a single dose of SlimBiome® are consistent with other published studies, consumer studies, and customer feedback which have shown SlimBiome® reduces hunger and food cravings leading to users both reducing the amount of food and the type of food they eat, leading to more sustainable weight management.

The study was carried out to support health claims for appetite regulation and hunger control in products of one of theUSA's leading weight management brands (see announcement on 15 April 2025). Scientifically substantiated health claims help to differentiate SlimBiome® from other products on the market. OptiBiotix now has acute and long-term studies in healthy, overweight, and obese individuals which have allowed the Company to make on pack health claims in Europe, Australia/New Zealand, India, Asia, Canada, and the USA leading to agreements and multiple product launches with major international and national companies and brands (e.g Morepen, Muscletech, Myprotein). In the changing landscape of this market, brought about by the anti-obesity drugs, traditional approaches to weight management are being replaced by science backed products which provide functional benefits such as reduced hunger and desire to eat. SlimBiome® meets this developing trend.

The University of Roehampton has published a press release which is set out below in Appendix I.

Stephen O'Hara, CEO of OptiBiotix Health plc commented:*"We are really pleased to see this study published in such a well-respected journal. The study adds further evidence to demonstrate the efficacy of SlimBiome® in reducing hunger and food cravings leading to changes in the amount and type of food people eat. Whilst the anti-obesity drugs havestrong risk-benefits in the 16%* of the world adult population who are obese, they may not be the best choice for the 43%* who are overweight.SlimBiome® represents a natural alternative, particularly for overweight individuals, and has been widely used with no reported adverse side effects".*

*See WHO report Obesity and overweight

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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Appendix I

University of Roehampton London

New Research by the University of Roehampton

New study suggests there may be another option to anti-obesity drugs

A new peer-reviewed studypublished today (10 June 2025) in the *European Journal of Nutrition* has found that a mineral-enriched prebiotic fibre complex may offer a safe and effective alternative for individuals seeking to manage their weight.

While anti-obesity medications can be effective for those with clinical obesity, they often come with significant side effects and were developed for cases where the risk-benefit trade-off is more clearly justified. For individuals who fall into the overweight or high-normal BMI range, this supplement could provide a better, non-pharmaceutical option for supporting healthy weight management.

The study, led byAdele Costabile, Professor in Clinical Nutrition and the Microbiome at theUniversity of Roehampton, found that the mineral-enriched fibre supplement known as SlimBiome® significantly reduced post-meal insulin levels, decreased hunger by up to 37%, and increased feelings of fullness by up to 55% in healthy adults.

In a double-blind, placebo-controlled, randomised crossover trial, normal-weight participants were given either the supplement or a standard dextrose drink. The results were striking: participants who consumed the fibre complex reported significantly lower hunger (p=0.038), reduced desire to eat (p=0.002), and greater satiety (p=0.021) for over two hours post-ingestion compared to the placebo. They also showed a marked reduction in insulin levels at 45, 75, and 90 minutes after a glucose load, suggesting the supplement may help regulate metabolic responses to food. These factors are important in managing calorie intake.

Prof Costabile will present her findings at the**18th International Scientific Conference on Probiotics, Prebiotics, Gut Microbiota and Health - IPC2025, 24-26 June 2025.**

With64.5% of adults in Englandnow classified as overweight or obese - a 22.6% increase since 2015 - and weight-related conditions including type 2 diabetes, heart disease and some cancers placing a growing burden on the NHS, the search for sustainable, non-pharmaceutical weight management tools is increasingly urgent.

"Most diets rely on willpower alone and often fail," said Professor Costabile. "*Our studies show that SlimBiome, a mineral-enriched prebiotic fibre complex, can reduce hunger and food cravings, offering a natural and scientifically backed option to anti-obesity drugs. Appetite regulation is a crucial part of weight control, and this supplement may help improve long-term success without harsh side effects."*

The SlimBiome formulation, developed and patented by OptiBiotix Health, combines glucomannan (a viscous plant fibre), fructooligosaccharides (FOS, a prebiotic), and chromium (a trace mineral involved in insulin signalling) to target multiple mechanisms. These include delayed gastric emptying, improved blood sugar control, and gut microbiome modulation - factors that collectively contribute to appetite regulation and metabolic health.

"While further studies are needed to assess long-term outcomes, our findings indicate that combining fibre, prebiotics and trace minerals can support healthy weight management and glycaemic control - without risking losing muscle mass or causing gastrointestinal distress",said Professor Costabile. *"In fact, participants only lost fat, not muscle mass, and showed improvements in gut microbiome diversity - including increases in beneficial bacteria known to influence satiety signals."*

The combination of the three key ingredients is unique. Glucomannan, a plant-based fibre, acts to form a viscous gel in the stomach, slowing digestion and carbohydrate absorption. FOS supports the growth of beneficial gut bacteria, such as *Bifidobacterium spp.*, which are known to promote the release of short-chain fatty acids that influence appetite-regulating hormones. Chromium, a trace mineral known to play a role in insulin signalling, acts in combination with the other minerals to moderate insulin responses.

Co-investigator of the studies, Dr. Michael Patterson of the University of Roehampton, said: *"Pharmaceuticals that mimic appetite-suppressing gut hormones are a major advance, but not everyone can tolerate them. Prebiotics, such as SlimBiome, may stimulate the body's natural gut hormones, providing a gentler yet effective*

approach to appetite regulation. These findings align with earlier trials demonstrating reduced food intake and cravings over a four-week supplementation period."

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