



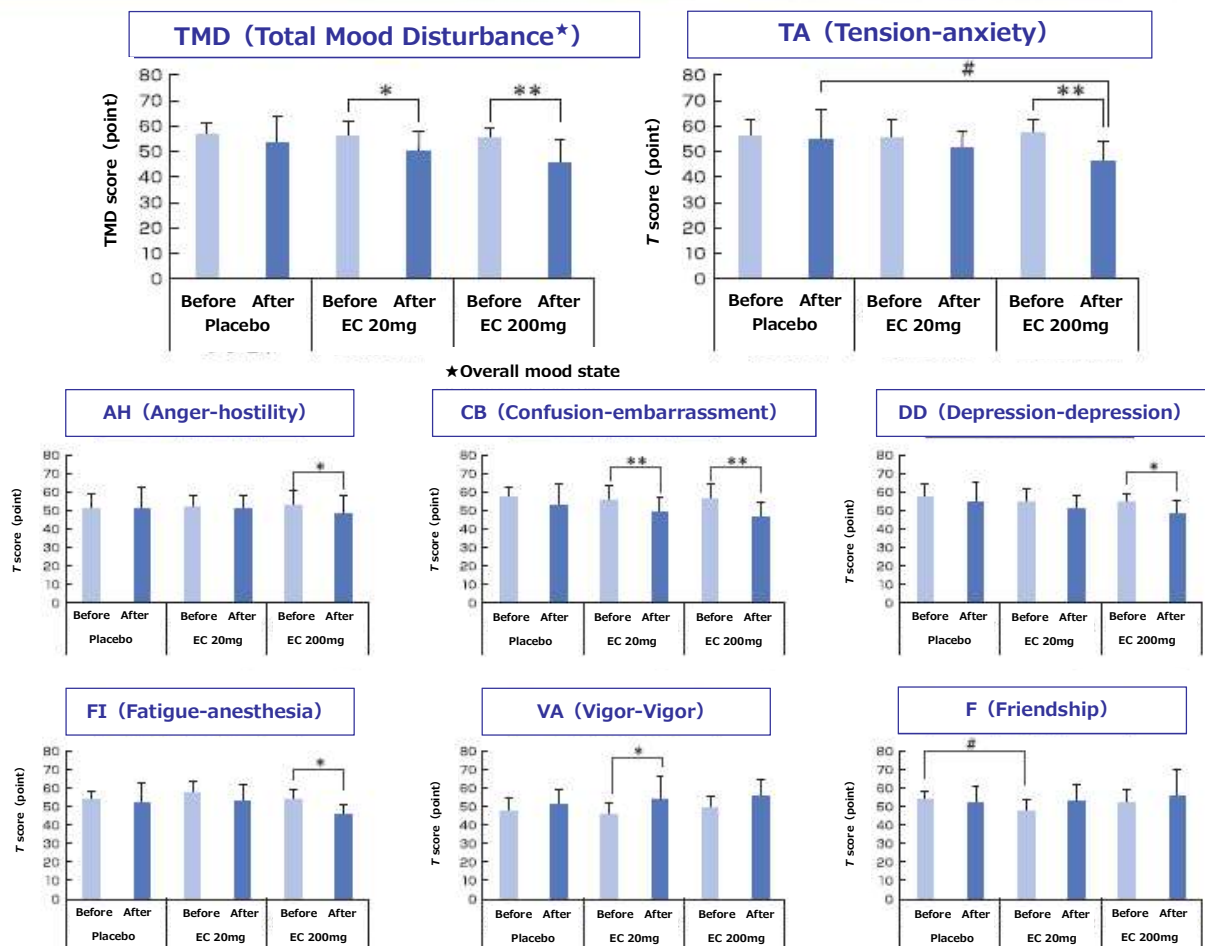
EC-12 consumption improves mood fluctuations due to daily stress

Background. Objective. and Methods

In this study, we conducted a randomized, placebo-controlled, double-blind, parallel-controlled trial in which 33 healthy adults consumed either ① EC-12 200mg formulated food, ② EC-12 20mg formulated food, ③ placebo food per day for 1 month. The subjects' mood was assessed using Profile of Mood States 2nd Edition (POMS2) Japanese version prior to and after the initiation of the ingestion period, respectively.

TMD, TA, AH, CB, DD, FI: improvement = decrease in value, VA, FI: improvement = increase in value

Results and Considerations



Mean±SD, Paired test : * $P < 0.05$, ** $P < 0.01$, ANCOVA vs Placebo : # $P < 0.05$)

EC-12 consumption was associated with improved mood in daily activities and was dose-dependent. T score after ingestion was significantly higher in EC-12 200mg group compared with the placebo-treated group ($P < 0.05$), particularly for TA (tension-anxiety) among POMS2 items. This is consistent with previous studies. Findings from this study reveal that EC-12 improves mood fluctuations in response to stress incurred in everyday life, not in the context of a temporary workload or a stressful environment. The mechanisms by which EC-12 improves mood remain to be investigated in the future.

Paper in progress