

**With Ingredia Health, meet innovative and proven solutions  
to successfully support your consumers' self-care routine!**

**We should all move freely to live fully! Discover Xelflex®, a new bioactive ingredient for joint health.**

Over time, factors such as age, wear, or injuries can affect joints proper functioning, resulting in pain, inflammation and decreased mobility. Taking care of your joint health early on ensures you can enjoy life to the fullest!

**33 to 50% of people over 65 are affected by mobility loss\*** but joint pain can start way earlier depending on individual lifestyle. Joint health market has grown an average +2.4% and the number of launches has soared an average +66% in the past 5 years\*\*\*.

**In 2025, Ingredia launches a new milk protein hydrolysate, named Xelflex®.** This bioactive ingredient **promotes joint comfort.** Its **effectiveness on joint inflammation** has been **scientifically proven through its inhibitory effect on inflammatory markers** (cytokines).

**Less stress, more sleep: an essential balance for a healthy life. Lactium® is the partner you're looking for.**

In a world where professional and personal demands are increasing, **stress has become an omnipresent** phenomenon with a profound **impact** on **physical** and **mental health**. When stress becomes chronic, it not only **disrupts emotions** and **mood**, but also affects the ability to sleep well.

Finding effective solutions to **better manage stress and improve sleep** quality has become a **priority** for many people eager to regain a healthy and sustainable balance. As a result, the market of **stress relief supplements** has **grown at an average +14.5% pace over the past 5 years\*\*.**

With **9 clinical studies conducted on over 500 volunteers**, **Lactium®** has **satisfied 8 out of 10 consumers** with its **effectiveness in sleep and relaxation.**

**Pep2Dia®, a natural, patented ingredient for blood sugar and weight management.**

For 59% of global consumers\*\*\*\*, being in good health is being fit and active. It is also, for 45% of them, to show a healthy waistline. For those, blood sugar management has been a trending topic. **Blood sugar management product launches have grown an average +113% in the past 5 years\*\*.**

Long known in the weight management market, **carb-blockers help limit our carb intake and potentially associated weight gain.** More recently under the spotlights, GLP-1 - standing for Glucagon Like Peptide 1 - is a hormone both involved in blood sugar regulation and feeling of satiety. **When stimulated, GLP-1 helps control appetite and support weight management.** Combining carb-blocking mode of action and GLP-1 activation, **Pep2Dia® is a hassle-free way to help consumers maintaining both healthy shape and blood sugar levels.**

\*WHO 2021 \*\*Euromonitor 2024, \*\*\*Mintel 2024, \*\*\*\*FMCG Gurus 2023

Find more information on our [website](#)

**Join us at Vitafoods Barcelona**

May 20 - 22, 2025  
Fira Barcelona  
Ingredia Booth 3J75



Press contact:

Eléa Witrant, Product manager / [e.witrant@ingredia.com](mailto:e.witrant@ingredia.com)  
Séverine Lemoine, Communication manager / [s.lemoine@ingredia.com](mailto:s.lemoine@ingredia.com)