Ask the experts

Natalie Lamb:


Ingredient spotlight:


World Health Organisation

The Lancet
10. Agostini D, Zeppa SD, Id FL. Muscle and Bone Health in Postmenopausal Women: Role of Protein and Vitamin D Supplementation.


Superfoods feature:

Rose Holmes:


Probiotics feature:

Natalie Lamb:


**Sarah Oboh:**


**Jenny Logan:**

1) C. Menni et al; Int Jour. Obesity; 2017
4) Leo Galland; J. Med Food; Dec 2014
6) Egija Zaura et al; Mbio; Dec 2015
7) I Presti et al; Appl. Microbiol Biotechnol; 2015; 99:5613
10) Plos One Nov. 2011
Raihane Palagi:

1 Pendyala et al. A high-fat diet is associated with endotoxemia that originates from the gut. Gastroenterology. 2012 May;142(5):1100-1101.
1 Bravo JA et al. Ingestion of Lactobacillus strain regulates emotional behavior and central GABA receptor expression in a mouse via the vagus nerve. PNAS. 2011; 108 (38): 16050-16055.