

# Case study

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## DEAKIN UNIVERSITY: TESTING THE GUT-BRAIN LINK IN FERMENTED DAIRY TRIAL

Aligned with our values of creating great food and striving for greater good by combining our success with a positive and lasting impact on others, we support a clinical trial with Deakin University's Food & Mood Centre to investigate the impact of fermented dairy foods on the gut-brain connection.

The interaction between the brain and the bacteria in the gastrointestinal tract is understood to be a major factor in health and wellbeing. Fermented dairy products, like yoghurt, contain "live cultures" of specific types of bacteria that may be beneficial to brain function, cognitive performance, and mood. To date, research on fermented dairy and brain measures is limited. This is what drew us to support a study of the possible impact of fermented dairy on measures of brain function and neurochemistry.

The fermented dairy trial will compare our Farmers Union Greek Style Yogurt with a control non-fermented dairy product in terms of its effect on several areas of brain function. The trial will focus on 40 women aged between 18 and 55 years in the

Melbourne region, who will consume 130 grams of dairy product each day for 8 weeks. Participants will receive a free report on their microbiome.

Findings from the study may be of relevance to public health programs in depression, anxiety, and stress as well as broader national dietary guidelines.

We provide product and funding for this trial but have no input into the conduct, analysis, or publication of the study results.

