

Ingredient spotlight:

Frontiers in Nutrition doi: 10.3389/fnut.2024.1419978 "Dietary supplementation with Lactium and L-theanine alleviates sleep disturbance in adults: a double-blind, randomized, placebo-controlled clinical study' Authors: Lim SE et al.

Ask the experts:

Sarah Oboh:

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Dr Benny Antony:

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Keri Briggs:

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Helen Roach:

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