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New *Nature Medicine* study sheds light on why weight loss is difficult to sustain — and how biotic strain *Akkermansia muciniphila* MucT® plays a key role

New clinical findings from The Akkermansia Company (now part of Danone) and Maastricht University add to the growing body of evidence supporting microbiome-based approaches in long-term metabolic health.

Published in *Nature Medicine* on May 12, 2026, the study reinforces scientific understanding of the biological challenges associated with long-term weight maintenance, an area of increasing relevance within metabolic health.

Key findings

The randomized, placebo-controlled clinical trial, run by Maastricht University in collaboration with The Akkermansia Company (now part of Danone), investigated the role of the microbiome during the post-weight-loss maintenance phase—a critical but relatively underexplored stage of obesity and weight management.

The study found that supplementation with pasteurised *Akkermansia muciniphila* MucT® was associated with significantly less weight regain compared to placebo in adults with overweight or obesity following an initial weight loss phase.

A growing question in the context of long-term weight loss

Long-term weight maintenance remains a major unmet need, driven by biological adaptations that favor weight regain.

This study^[1] suggests that pasteurised *Akkermansia muciniphila* MucT® helps counteract these processes by:

- supporting metabolic function
- modulating inflammatory pathways
- influencing energy balance

A novel mechanism: energy balance through the gut

Beyond digestion, the gut acts as a central interface between nutrition, metabolism and immune function.

Changes in gut barrier function and low-grade inflammation are increasingly associated with metabolic outcomes, including weight regain.

The study provides new insights into how microbiome-targeted approaches may influence these pathways, including through effects on energy balance and inflammatory signalling.

Advancing microbiome research to serve health through food

Danone has developed longstanding expertise in fermentation and gut microbiome research to better understand how food and microbes interact with human biology. Aligned with Danone's Renew strategy as it doubles down on science and innovation, the acquisition of The Akkermansia Company (TAC) in June 2025 strengthens its ability to translate emerging microbiome science into clinically relevant research.

This study contributes to that effort by advancing understanding of long-term weight maintenance, a major unmet need in metabolic health.

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About The Akkermansia Company (TAC)

Now part of Danone, The Akkermansia Company develops and commercialises science-based microbiome solutions for metabolic health, based on the clinically studied *Akkermansia muciniphila* MucT® strain.

About Danone (www.danone.com)

Danone is a leading food company operating in three fast-growing, health-focused categories: Dairy and Plant-based Products, Water and Specialised Nutrition. Building on its long-standing mission to bring health through food to as many people as possible, Danone aims to inspire healthier and more sustainable eating and drinking practices, while committing to having a measurable nutritional, social, societal, and environmental impact. Danone has defined its Renew strategy to restore growth, competitiveness, and value creation over the long term. With nearly 90,000 employees and products sold in over 120 countries, Danone generated revenue of €27.3 billion in 2025. Danone's portfolio includes international brands (Actimel, Activia, Alpro, Aptamil, Danette, Danio, Danonino, evian, Nutricia, Nutralon, Volvic, among others) as well as strong local and regional brands (including AQUA, Blédina, Bonafont, Cow & Gate, Mizone, Oikos and Silk). Listed on Euronext Paris and traded on the OTCQX platform through an American Depositary Receipt (ADR) programme, Danone is included in the main sustainability indices, including those managed by Moody's and Sustainalytics, as well as the MSCI ESG Indexes, the FTSE4Good Index Series, the Bloomberg Gender Equality Index and the Access to Nutrition Index. Danone obtained B Corp™ certification worldwide in 2025.

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FORWARD-LOOKING STATEMENTS

This press release contains certain forward-looking statements concerning Danone that are subject to risks and uncertainties. In some cases, you can identify these forward-looking statements by forward-looking words, such as "estimate", "expect", "anticipate", "project", "plan", "intend", "objective", "believe", "forecast", "guidance", "foresee", "likely", "may", "should", "goal", "target", "might", "will", "could", "predict", "continue", "convinced" and "confident," the negative or plural of these words and other comparable terminology, or by using future dates. Forward-looking statements in this document include, but are not limited to, predictions of future activities, operations, direction, performance and results of Danone.

These forward-looking statements are subject to numerous risks and uncertainties, which could cause actual results to differ materially from those anticipated in these forward-looking statements. For a detailed description of these risks and uncertainties, please refer to the "Risk Factors" section of Danone's Universal Registration Document (the current version of which is available at www.danone.com).

Subject to regulatory requirements, Danone does not undertake to publicly update or revise any of these forward-looking statements. This document does not constitute an offer to sell, or a solicitation of an offer to buy Danone securities.

[1] Randomized, placebo-controlled clinical trial; adults with overweight or obesity; initial low-energy diet phase followed by weight maintenance without prescribed diet or lifestyle intervention; daily supplementation with pasteurised *Akkermansia muciniphila* MucT®.