



Webinar on Demand

Reflective Learning Guide

With Laurence Stoll, regional medical marketing Novonosis, consumer health.

In this webinar, Laurence Stoll discusses the role of the immune system and how factors like probiotics can influence its function, she is also sharing clinical evidence on how L. Casei 431® helps modulate the immune response.

Learning Objectives:

Probiotics-Clinical evidence on immune support

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- Understand essential role of the immune system
- Understand global and UK impact of common cold and flu
- Learn about factors supporting immune function
- Understand benefit of probiotic and in particular *Lactobacillus paracasei* (L. Casei 431®) on immune health.
- Learn about clinical studies demonstrating that L. Casei 431® helps modulate the immune response, shorten the duration of cold and flu-like illnesses, increase antibody levels in response to immune challenges, and regulate cytokine production.

Complete this reflective learning guide to support your learning objectives. This can be filed in your CPD portfolio as evidence of your learning.

Reflective Learning Questions:

- Why is the immune system essential for overall well-being?
- What global health challenge is posed by common cold and flu viruses?
- What are the important factors for supporting immune function?
- What is the role of *Lactobacillus paracasei* (L. CASEI 431®) in immune health?
- How can specific probiotic strains, like L. CASEI 431®, influence the immune response to seasonal vaccines, as demonstrated in clinical studies involving immune challenges?