

New clinical trial demonstrates postbiotic *Latilactobacillus sakei* KABP® -065 offered by KANEKA PROBIOTICS and AB-BIOTICS promotes facial skin elasticity in healthy middle-aged women

Osaka, Japan (24 March, 2026) – New clinical research has revealed that Kaneka Probiotics and AB-BIOTICS' postbiotic *Latilactobacillus sakei* KABP® -065 delivers skin health benefits for healthy women in their 30s and 40s.¹ The study found that, after daily supplementation with the heat-inactivated strain for five weeks, women receiving the postbiotic showed significantly greater improvements in facial skin elasticity and firmness compared to baseline than the placebo group. Effects were particularly notable in participants in their 40s, who also showed statistically significant improvements in skin moisture retention compared to baseline. Building on previous research in atopic dermatitis for this strain,^{2,3,4} this is the first study to evaluate its effectiveness in healthy individuals, further highlighting its potential for beauty-from-within applications.

The randomized, double-blind, placebo-controlled trial included 50 healthy middle-aged women aged 30-50 who had concerns about dry skin on their face, but did not have any diagnosable dermatological condition, as confirmed by a physician. Participants received either heat-treated *L. sakei* KABP® -065 (1x10¹⁰ cells/day) or placebo for eight weeks. Skin elasticity and moisture were assessed using clinically validated dermatological methods—such as cutometer readings, stratum corneum water content and trans epidermal water loss—at baseline, five and eight weeks.

A sub-analysis of the participants in their 40s revealed more pronounced effects of postbiotic supplementation. In this age group, participants receiving *L. sakei* KABP® -065 saw significant improvements compared to baseline in all three elasticity parameters measured—skin recovery rate, net elasticity and firmness—compared to placebo after five weeks of supplementation. The improvements in skin recovery rate and firmness also remained significant after eight weeks. Notably, in this subgroup, postbiotic supplementation was also linked with significantly greater increases in skin moisture after five weeks, with a similar trend observed at eight weeks.

"These findings highlight the potential of L. sakei KABP® -065, marketed as L. sakei proBio65®, to support women navigating age-related skin changes through oral supplementation," comments **Dr. Masahito Arita, MD, PhD, Director of the Department of Dermatology, Osaka University Graduate School of Medicine.**

"Previous research has demonstrated this strain's efficacy in atopic dermatitis, where it works via the gut-immune-skin axis to modulate specific immune responses affecting skin barrier function.^{2,3,4} In healthy individuals with normal immune function, we would expect more subtle effects. So, it's deeply encouraging that researchers observed significant improvements in skin elasticity and, in participants in their 40s, skin moisture."

Dr. Masahito Arita, MD, PhD, Director of the Department of Dermatology, Osaka University Graduate School of Medicine, notes: *"As a heat-treated postbiotic, the strain also offers stability advantages for formulators, making it an attractive ingredient to unlock opportunities in the growing beauty-from-within market. These are very promising results from an exploratory study, and we're excited to continue driving the science forward with larger trials—diving deeper into this strain's potential in healthy skin aging, and pioneering products that support the gut-brain-skin axis."*

Read the full study [here](#).

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Editor's note: AB-BIOTICS is an affiliate company of Kaneka that manufactures and distributes probiotic solutions globally. Products are available in the North American and Japanese markets under the Kaneka Probiotics brand.

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⁴ Lim, J-H, *et al.* (2011) Characteristics of immunomodulation by a *Lactobacillus sakei* proBio65 isolated from Kimchi." *Microbiology and Biotechnology Letters*