



Morinaga Milk's Probiotic *Bifidobacterium breve* B-3 Receives Approval of Individual Recognition Registration for Cognitive Health in South Korea

TOKYO (July 28th, 2026) — Morinaga Milk Industry Co., Ltd., a leading Japanese dairy product company, today announced that its proprietary probiotic strain *Bifidobacterium breve* B-3 (officially named as *Bifidobacterium breve* MCC1274) has received the approval of Individual Recognized Registration in South Korea for its clinically demonstrated efficacy in cognitive health functionality.

The approval was granted by the Ministry of Food and Drug Safety (MFDS) of South Korea for the probiotic ingredient. Under the newly approved functionality, *B. breve* B-3 may be used with the claim that it **“may help to improve cognitive function affected by aging”**.

In South Korea, *B. breve* B-3 had previously received Individual Recognition Registration for its body fat reduction functionality in 2023. With the newly approved cognitive health claim, *B. breve* B-3 can now be utilized as a functional ingredient with recognized benefits for both body fat reduction and cognitive health in the South Korean market.

Set to Support Cognitive Health for Healthy Aging

South Korea has established a rigorous regulatory framework for Health Functional Foods, under which health claims may only be made following a comprehensive review of safety, functionality, and scientific evidence by the Ministry of Food and Drug Safety.

Under the newly granted recognition, *B. breve* B-3 has been acknowledged as a functional ingredient that may help improve cognitive function affected by aging. The approval reflects the growing scientific evidence supporting the role of probiotics in gut brain axis and healthy aging.

In Japan, this strain as *B. breve* MCC1274 also received a Foods with Function Claims (FFC) notification in 2021 for helping maintain memory and visuospatial cognitive function, which are part of cognitive functions that decline with age in healthy middle-aged and older adults.

As populations age across many advanced Asian economies, maintaining cognitive health has become an increasingly important priority for consumers, healthcare professionals, and the nutraceutical industry. Morinaga Milk believes this new recognition will accelerate innovation in the cognitive health category and contribute to the development of science-based solutions that help people maintain quality of life and independence as they age.

Positive Results in an RCT Study

The cognitive health benefits of *B. breve* B-3 / *B. breve* MCC1274 have been demonstrated in a randomized, placebo-controlled trial involving adults aged 50–79 years who suspected of having mild cognitive impairment (MCI). In the study, participants consumed B-3, and cognitive function was evaluated using the Repeatable Battery for the Assessment of Neuropsychological Status (RBANS).

The results showed that subjects who consumed B-3 experienced significant improvements in immediate memory, delayed memory, and visuospatial/constructional abilities compared with those receiving placebo. These findings support the potential of B-3 to help maintain memory, an important component of cognitive function. (Xiao et al. *Journal of Alzheimer's Disease*. 2020)

The study adds to the growing body of scientific evidence supporting B-3 as a probiotic ingredient for cognitive health and reinforces Morinaga Milk's commitment to developing science-backed solutions for healthy aging.

About Morinaga Milk Industry Co., Ltd.

Morinaga Milk Industry Co., Ltd. is one of the leading dairy product companies in Japan with a century of history harnessing the nutritional properties of dairy products and functional ingredients. Morinaga Milk is also a key global probiotics manufacturer that excels in innovative technology and offers a premium line of probiotics and functional ingredients worldwide. Since the 1960s, Morinaga Milk has been engaged in research on the safety, functional health benefits, and mechanisms of action of probiotic bifidobacteria to better understand their role in maintaining human health. For more information about Morinaga Human-Residential Bifidobacteria (HRB) probiotics, please visit us at <https://morinagamilk-ingredients.com/>.

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