

Coffee Feeds the Good Bacteria in Your Gut



The results showed a strong link between regular coffee consumption and the growth of a gut bacterium called *Lawsonibacter asaccharolyticus*. This bacterium, first described in 2018, is still not well studied, but it is known to produce butyrate, a compound that supports digestion, reduces inflammation, and strengthens gut health. Its abundance was 4–8 times higher in high coffee drinkers compared to non-drinkers.

Interestingly, both caffeinated and decaffeinated coffee promoted *L. asaccharolyticus* growth. Laboratory experiments confirmed that adding coffee increased its growth by 3.5-fold, independent on coffee type. The study also identified 115 gut microbial species positively associated with coffee intake.

Metabolomic analysis showed that coffee drinkers had higher levels of quinic acid, trigonelline, and hippurate, suggesting that polyphenol metabolism, rather than caffeine, shapes the microbiome. Differences in *L. asaccharolyticus* prevalence between Western and non-Western populations may reflect coffee availability and consumption habits, highlighting coffee's broad impact on gut bacteria and how diet affects human health.

Coffee doesn't just wake you up; it also nourishes the beneficial bacteria in your gut

Coffee is one of the most popular drinks worldwide, known for boosting energy and focus. Beyond its stimulating effects, coffee has been linked to lower risks of heart disease, colon cancer, type 2 diabetes, and overall mortality. However, its effects on the gut microbiome and the community of bacteria in our intestines have been less clear.

A recent large-scale study published in *Nature Microbiology* analyzed over 35,000 metagenomic samples from more than 22,000 individuals, integrating public data from over 54,000 samples across diverse populations. Participants were categorized as non-drinkers, moderate drinkers and high drinkers.



Although having higher levels of *L. asaccharolyticus* is beneficial, excessive coffee intake can also have drawbacks, such as triggering acid reflux or worsening irritable bowel syndrome in some people. Therefore, coffee should be consumed in moderation and balanced with other gut-friendly foods, including high-fiber vegetables and fruits, fermented foods, and whole grains.



References:
 1. <https://www.scientificamerican.com/article/coffee-boosts-beneficial-gut-bacterium/>
 2. <https://www.news-medical.net/news/20241203/Scientists-uncover-coffees-surprising-effect-on-gut-microbiota.aspx>
 3. <https://www.uclahealth.org/news/article/study-suggests-coffee-good-gut-microbiome>
 4. <https://www.nature.com/articles/s41564-024-01858-9>
 5. <https://www.microbiologyresearch.org/content/journal/ijsem/10.1099/ijsem.0.002>

New UK Cosmetics Regulation on Methyl Salicylate and Butylated Hydroxytoluene (BHT)

On January 20, 2025, the Office for Product Safety and Standards (OPSS) notified to the World Trade Organization (WTO) an amendment to the UK Cosmetics Regulations, updating Annex III to include the new restriction to methyl salicylate.

The Annex III entry for methyl salicylate is proposed as below:



- rinse-off skin and hair products (except hand wash products) at 0.02% (products intended for children 0.5-1 year), and at 0.06% (products intended for children above 1 year and adults);
- hand wash products at 0.02% (products intended for children 0.5-1 year), and at 0.6% (products intended for children above 1 year and adults);
- leave on skin products (except face make-up, spray/aerosol body lotion, spray/aerosol deodorant and hydroalcoholic-based fragrances) and hair products (non-aerosol) at 0.02% (products intended for children 0.5-1 year), and at 0.06% (products intended for children above 1 year and adults);
- lipsticks and lip balm at 0.02% (products intended for children 0.5-1 year), and at 0.03% (products intended for children above 1 year and adults);
- face make-up products at 0.05%;
- eye make-up products and make-up remover at 0.002%;
- toothpaste at 2.5%;
- mouthwash at 0.1% (products intended for children 6 to 10 years), and at 0.4% (products intended for children above 10 years and adults);
- mouth spray at 0.65%;
- hydroalcoholic-based fragrances at 0.6%;
- deodorant spray/aerosol products 0.003%;
- hair products (spray/aerosol) at 0.009%;
- body lotion spray at 0.04%.



The proposed placing on the market deadline is September 30, 2025; the proposed making available on the market (off-shelf) deadline is March 31, 2026.

On April 1, 2024, the UK published The Cosmetic Products (Restriction of Chemical Substances) Regulations 2024, which adds BHT to the list of restricted substances under UK Cosmetics Regulation.

Following the scientific opinion of the UK's Scientific Advisory Group on Chemical Safety of Non-Food and Non-Medicinal Consumer Products (SAG-CS), the new regulation established the following maximum concentrations for BHT:



- Toothpaste: 0.1% maximum
- Mouthwash: 0.001% maximum
- Leave-on oral care products: 0.001% maximum
- Other leave-on and rinse-off products: 0.8% maximum

The Cosmetic Products (Restriction of Chemical Substances) Regulations 2024 provides a transition period for the cosmetics industry to adjust to the new requirements for BHT:

- From February 24, 2025: Cosmetic products must comply with the updated restrictions to be placed on the UK market.
- Cosmetic products already on the UK market can remain on shelves and be sold until June 24, 2025.





L-Cystine: The Powerful Amino Acid for Beauty

What is L-Cystine?

L-Cystine is a sulfur-containing amino acid formed from two molecules of L-Cysteine linked by a disulfide bond. Recognized as a component of proteins since 1899, L-Cystine is a major constituent of keratin, the fibrous protein in skin, hair, and nails. In animals, it is one of the two most abundant amino acids in wool, feathers, and horns, making up to 24% of total amino acids.

Why Choose L-Cystine Over L-Cysteine?

While L-Cysteine is unstable and breaks down easily, L-Cystine is the more stable and active form that the body can efficiently absorb and utilize.

Feature	L-Cystine	L-Cysteine
Stability	Very stable with <i>very low water absorption</i> , even in tropical climates	Much less stable, strongly hygroscopic (absorbs moisture easily)
Shelf Life	Long shelf life – up to 4 years	Shorter shelf life
Taste & Odor	Tasteless and odorless – no sulphurous smell	Acidic and sulphurous taste/odor, unpleasant in formulations
Purity	100% pure L-Cystine	~70% pure L-Cysteine
Formulation Use	Easy to use in capsules, tablets, and sachets	More difficult to handle due to instability and odor issues

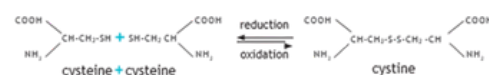
Key Benefits of L-Cystine

Radiant Skin – Supports glutathione production, a powerful antioxidant that protects skin from oxidative stress and promotes a bright, even complexion.

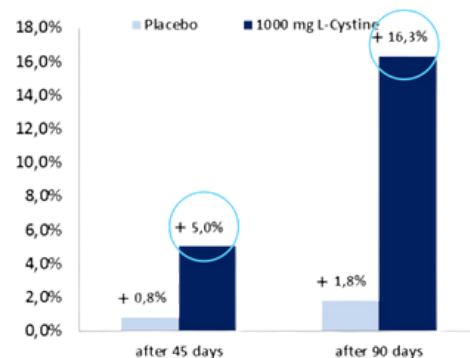
Healthy Hair – A key building block of keratin, L-Cystine strengthens hair fibers, reduces breakage, and promotes natural growth.

Strong Nails – Enhances nail keratin structure, preventing brittleness and promoting resilience.

Cellular Protection – Neutralizes free radicals and helps slow down signs of aging. That means better results for skin, hair, and nail health.



Hair density evaluation compared to day 0 measured by TricoScan



Day 0

Day 45

Day 90

References:

- <https://www.bcf-lifesciences.com/en/what-is-cystine/>
- Nobile V, Duperray J, Cestone E, Sergheraert R, Tursi F. Efficacy and Safety of L-Cystine Associated or not to a Natural Keratin (Kera-Diet®) Hydrolysate on Hair and Nails: Randomised, Placebo-Controlled, Clinical Trial on Healthy Females. J Cosmetol Trichol. 2019;5(1):142.

Plant-based Milk Revolution:

The Perfect Timing for Innovation

Plant-based milk sales are exploding! The market will reach USD 150 billion by 2030, with 12.03% CAGR (2025-2030). This growth coincides well with the upcoming vegetarian festival season, making it an ideal moment to spotlight milk alternatives as both trendy and timely choices.

Key Development Challenges & Solutions

Separation, short shelf life, and nutrition gaps are the common problems, however, the biggest obstacle is taste which consumers often complain about beany, bitter, and astringent off-flavors.

Game-Changing Taste Modulators: Look for These Key Ingredients



Searching for the right taste modulators for your plant-based formulations? When evaluating solutions, look for these proven mineral ingredients:

For Soy-Based Products, seek formulations containing:

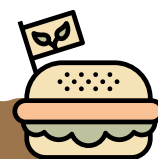
- Sodium Gluconate
- Trimagnesium Citrate
- Tripotassium Citrate

For Nut-Based Beverages (Walnut, Almond), seek formulations containing:

- Sodium Gluconate
- Trimagnesium Citrate
- Calcium Lactate Gluconate
- Potassium Lactate

Top Performers:

- Sodium Gluconate - Works with all plant bases
- Trimagnesium Citrate - Fixes taste and adds nutrition



Proven Results:

- Significantly reduce beany and bitter off-notes
- Transform "watery and astringent" into "creamy, balanced, and milky"
- Improve overall consumer preference



SEP

- 02-04 ASEAN Food & Beverage Exhibition, Pak Kret, Thailand
<https://www.aseanfnb.com/>
- 03-05 Fi India 2025, Delhi, India
<https://www.figlobal.com/india/en/home.html>
- 11-13 K-Beauty Expo, Gyeonggi-do, Republic of Korea
<https://www.kbeautyexpo.com/fairDash.do>
- 15-18 IFSCC Congress, Cannes, France
<https://ifsc2025.com/en/>
- 16-18 Wellness & Beauty Tech, Tokyo, Japan
<https://www.dietandbeauty.jp/en/tech/>
- 17-18 MakeUp in New York, New York, USA
<https://www.makeup-in-newyork.com/en/home>
- 17-19 Natural Cosmetics International Meeting and Conference, Kielnarowa, Poland
<https://naturalcosmeticsim.org/>
- 17-19 Fi Asia Thailand, Bangkok, Thailand
<https://www.figlobal.com/asia-thailand/en/home.html>
- 17-19 Vitafoods Asia, Bangkok, Thailand
<https://www.vitafoodsasia.com/en/home.html>
- 17-20 Malaysia International Halal Showcase, Kuala Lumpur, Malaysia
<https://mihis.com.my/index.php>
- 18-20 Sunscreen Symposium, Orlando, USA
<https://www.sconline.org/Event-Details/ArtMID/135157/ArticleID/3297/Florida-Chapter-Sunscreen-Symposium>
- 23-24 in-cosmetics Latin America, Sao Paulo, Brazil
<https://www.in-cosmetics.com/latin-america/en-gb.html>
- 24 Lubrizol Webinar (Toiletries), Chemico Myanmar Co., Ltd., Myanmar
- 24 Beauty Trends & Innovations Conference 2025, London, UK
<https://beautytrendconference.com/>
- 24-26 COSME Week, Osaka, Japan
<https://www.cosme-week.jp/osaka/en-gb/lp/visprom25.html>
- 30 Sep-3 Oct beautyexpo & Cosmobeauté Malaysia, Kuala Lumpur, Malaysia
<https://www.cosmobeauteasia.com/malaysia/>

OCT

- 30 Sep-02 Oct Sirha Arabia 2025, Riyadh, Saudi Arabia
<https://www.sirha-arabia.com/>
- 01-02 Indonesia Cosmetic Ingredients (ICI) Surabaya 2025, Surabaya, Indonesia
<https://perkosmi.com/ici/index.html>
- 04-08 Anuga Cologne 2025, Cologne, Germany
<https://www.anuga.com/trade-fair/anuga/>
- 09 Sophim Seminar, Chemico Asia Pacific (M) Sdn. Bhd., Kuala Lumpur, Malaysia
- 15 Mini CAHB Seminar - Exploring the Roles of Emollients, Chemico Myanmar Co., Ltd., Yangon, Myanmar
- 15 Gab Foods Webinar, Chemico Vietnam Co., Ltd., Ho Chi Minh City, Vietnam
- 15-17 SEPAWA 2025, Berlin, Germany
<https://sepawa-congress.de/en/>
- 15-17 Health Ingredients Japan, Tokyo, Japan
<https://www.figlobal.com/japan/en/home.html>
- 18-19 Gluten-Free EXPO, Melbourne, Australia
<https://www.glutenfreeexpo.com.au/melbourne>
- 20-22 Beautyworld Japan Osaka, Osaka, Japan
<https://beautyworld-japan-west.jp.messefrankfurt.com/osaka/en.html>
- 22-23 Cosmetorium, Barcelona, Spain
<https://www.cosmetorium.es/en/>

