News Release

Ezaki Glico Co., Ltd.
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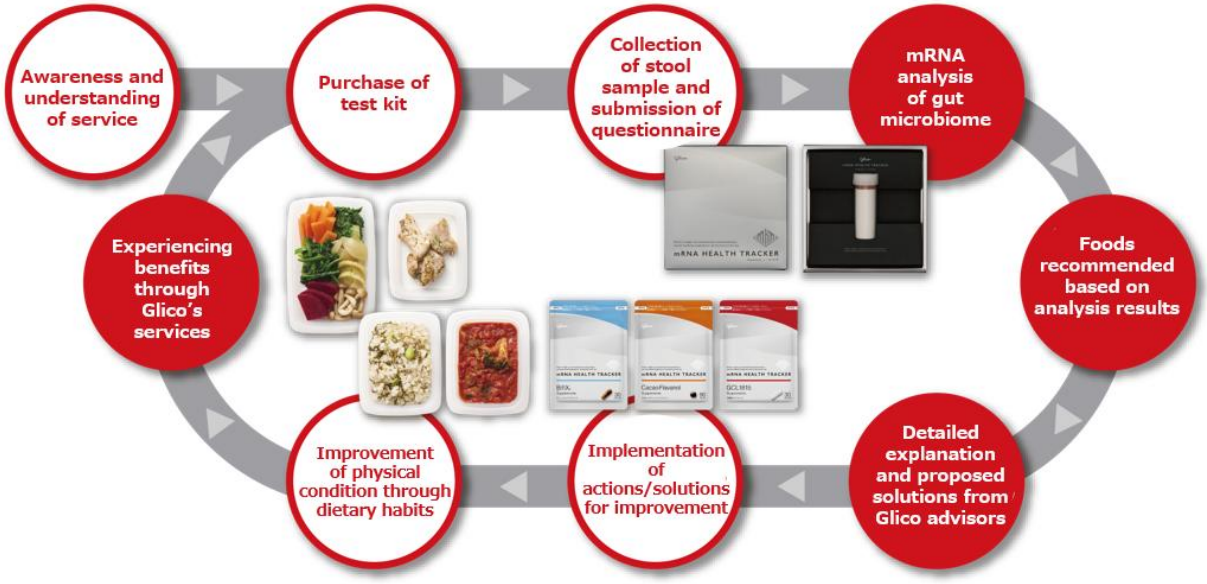
September 9, 2026

Glico launches personalized health support service

-Alliance with US-based Viome provides food recommendations tailored to each individual based on mRNA analysis of the gut microbiome-
-Comprehensive support, from assessment of microbial activity to behavior change, that offers new options for supporting healthy life expectancy-

Ezaki Glico Co., Ltd. (hereinafter "Glico") has partnered with US health tech company Viome Life Sciences, Inc. (headquartered in Washington State, USA; Founder & CEO: Naveen Jain; hereinafter "Viome") to launch mRNA HEALTH TRACKER®,[1] Japan's first[2] personalized health support service for individuals that utilizes gut microbiome mRNA testing[3] and data analysis technology, on September 14.

The service assesses microbial activity to provide a detailed understanding of each individual's gut microbiome activity, and displays 26 types of health scores and foods tailored to those scores, selected from a pool of over 300 candidate foods. Based on the results, users get recommendations on foods, supplements, and meal solutions. Glico's expert personal advisors work closely with users to improve their diets and lifestyles, providing comprehensive support—from understanding gut microbiome activity to making the right food choices and behavior changes.



Through this service, Glico creates health value by providing comprehensive support—from assessing users' microbial activity to guiding dietary choices and fostering behavior change.

Glico aims to create a society where each individual understands their own gut microbiome activity and can continue to make food choices that are right for them. The company will continue to contribute to "Healthier days, Wellbeing for life."

*1 This service does not involve the provision of pharmaceuticals, medical devices, or medical services, nor is it intended for the detection, diagnosis, treatment, or prevention of users' medical conditions.

*2 A personalized service aimed at maintaining and improving individual health through the use of mRNA analysis technology, based on research conducted by Glico.

*3 A messenger ribonucleic acid (mRNA) molecule is a molecule that reflects gene activity. By analyzing mRNA, gut microbiome functions can be better understood.

1. Glico's vision for this initiative

Against the backdrop of growing interest in extending healthy life expectancy and preventing disease, demand is increasing for health and nutrition services tailored to individuals' health conditions and biological characteristics.

Glico is launching mRNA HEALTH TRACKER®, a personalized health support service that enables individuals to practice Personalized Gut Health by helping them select foods that are right for them and make lifestyle changes.

Guided by the strong conviction of Glico founder Ri-ichi Ezaki to "contribute to enhancing people's health through food," the company launched the nutritional snack "Glico" in 1922. Building on the Glico Founding Spirit and guided by Glico's purpose of "Healthier days, Wellbeing for life," the company is committed to addressing people's health challenges through food, backed by scientific evidence.

With the help of this initiative, the company aims to create a society where each individual better understands their own health and can continue to make dietary choices that are right for them.

By combining the company's accumulated expertise in nutritional science and gut health research with Viome's mRNA analysis technology, Glico provides comprehensive support—from assessing microbial activity to guiding dietary choices and fostering behavior changes—to create health value tailored to each individual's specific condition.

Moving forward, Glico will continue to contribute to the realization of "Healthier days, Wellbeing for life" for every person by solving challenges based on scientific evidence.

Note: Personalized Gut Health: Based on gut microbiome activity data, each individual can use evidence to determine the diet that is right for them and change their behavior.

2. Overview of the service

The new mRNA HEALTH TRACKER® assesses the gut microbiome activity profile of each individual through mRNA analysis. By displaying personalized health scores and recommending foods based on those scores, the service provides health support tailored to each individual.

Users mail in stool samples collected using an at-home test kit and complete a questionnaire about their diet and lifestyle. In addition to being able to view their test results at any time using an online app, users receive a one-on-one consultation with a personal advisor with expertise in the gut microbiome and nutritional science, who explains the results in an easy-to-understand manner. The advisor proposes an action plan—including meal solutions and supplements—that is easy to incorporate into daily life, helping users to develop healthy eating habits.

■ Viome: Proposing foods tailored to each individual through mRNA and data analysis

Gut microbiome mRNA test	Analysis of stool samples collected using a dedicated kit to comprehensively understand the functions of genes expressed by the gut microbiome. （Viome has independently developed a dedicated testing kit that utilizes mRNA analysis technology.）
Calculation of health scores	Analytical data is processed and the gut microbiome activity is quantified using 26 different health scores. <Examples of health scores> ・Gut Lining Health Score: Evaluates the activity profile of the gut microbiome that supports the intestinal barrier function ・Microbiome-Induced Stress Score: Evaluates the activity profile of the gut microbiome that produces stress-related substances ・Digestive Efficiency Score: Evaluates the activity profile of the gut microbiome in breaking down food ・Gas Production Score: Evaluates the activity profile of the gas-producing gut microbiome ・Gut Richness & Diversity Score: Evaluates the richness, diversity, and balance of the gut microbiome
Selection of foods	Based on the health scores, the system selects appropriate foods from a list of approximately 300 items. It provides recommendations on a four-tier scale, indicating which foods are recommended and which should be limited. ・Best foods: Foods to actively include in your diet ・Good foods: Foods to include in your daily diet ・Limited foods: Foods that should be limited to one serving per day if consumed at all ・Foods to avoid: Foods that should be avoided

■ Glico: Support from personal advisors and meal provision

Consultations with personal advisors	Personal advisors with specialized knowledge conduct individual online consultations based on users' questionnaire responses, health scores, and food recommendations, and suggest dietary habits tailored to match users' gut microbiome activity.
Meal solutions	Glico sells meal solutions designed in accordance with Dietary Reference Intakes for Japanese and based on nutritional guidelines. By excluding allergens and foods that should be avoided in advance and combining staple foods, main dishes, side dishes, and sauces, Glico helps users establish sustainable eating habits.
Supplements	Glico provides supplements based on analysis results and ingredient formulations. The company also utilizes proprietary ingredients developed through its own research and development—such as Bifidobacterium GCL2505 and Lactobacillus GCL1815—to help improve users' health scores.

3. Business collaboration with Viome

Viome is a US-based health tech company that uses advanced technology to analyze the gut microbiome and provide personalized dietary and nutritional recommendations. The company offers at-home stool collection kits and, by analyzing the resulting gut microbiome data (mRNA analysis) to interpret the balance of various physiological processes occurring within the body, provides personalized advice on diet, supplements, and lifestyle improvements. The company offers a new perspective on how eating habits and lifestyle affect the body, and supports individuals in proactively understanding their own physical condition so they can make better choices and behavior changes.

4. Assessment technology based on gut mRNA analysis

The gut is closely linked to digestion and various other bodily functions, including the immune system, metabolism, and even brain function. In recent years, it has become clear that the gut microbiome influences overall health through the metabolites it produces. Research has shown that the composition and activity profile of the gut microbiome—which vary from person to person—are closely related to an individual's health status and nutritional needs.

In order to recommend the optimal nutrition and diet for each individual, it is important to understand not only "which microbes are present" in the gut microbiome, but also "what they are doing."

This service utilizes mRNA analysis to assess the activity of the gut microbiome. It quantifies the gut microbiome activity profile as health scores and uses the results to provide personalized food and nutrition recommendations based on each individual's condition. While DNA-based gut microbiome testing identifies which gut microbes are present, this service captures the gut microbiome's activity profile in detail to provide tailored nutritional recommendations.

	Metatranscriptomic analysis (mRNA)	**Metagenomic analysis (DNA)**
Target of analysis	Gut microbes in general	Gut microbes in general
Molecules under analysis	mRNA derived from living gut microbes	Gut microbial DNA (from living or dead microbes)
What the analysis reveals	● Types of active (living) gut microbes ● Types and proportions of active functions (genes)	● Types and abundance of gut microbes (viability unknown) ● Types and proportions of potentially present functions (genes) (active status unknown)

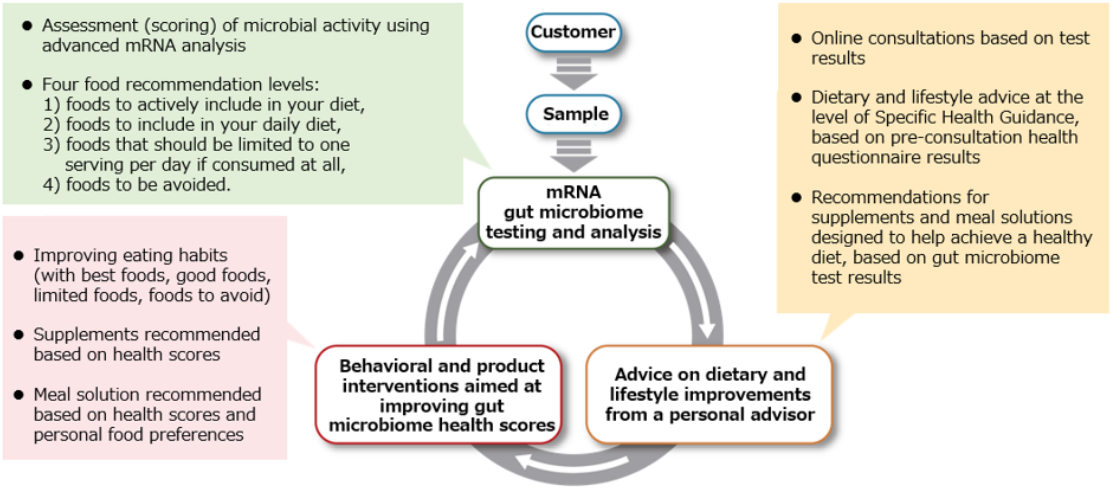
5. Providing lifestyle support tailored to each individual

This service is primarily intended for people who have health concerns and want to accurately understand their physical constitution and gut microbiome in order to address those concerns, as well as those who view health as an "investment" and wish to manage their health optimally based on scientific data.

Based on each individual's unique gut microbiome activity profile, Glico recommends personalized foods, nutrition, and lifestyle choices. Furthermore, through advice from personal advisors with expertise in the gut microbiome and nutrition, as well as meal solutions and supplements, the company helps individuals adopt and maintain a diet that is right for them without feeling overwhelmed.

By providing comprehensive support—from dietary choices tailored to each individual's condition to putting those choices into practice—Glico offers personalized action plans and helps individuals implement and maintain Personalized Gut Health.

6. A cycle that supports sustainable growth



This service creates value by helping users understand their gut microbiome activity and gradually adopt behavior changes, thereby establishing a virtuous cycle in which the accuracy of recommendations improves based on accumulated data. By leveraging Viome's mRNA analysis technology and Glico's expertise in food and nutrition, this joint effort aims to achieve sustainable growth by providing a comprehensive range of services—from assessing microbial activity to offering dietary recommendations and supporting their implementation.

1. Delivering value through a cycle of data and experiential value

Glico will accumulate test data and dietary data for each user to enhance its analysis algorithms and the accuracy of its recommendations. Behavior changes resulting from these recommendations are in turn recorded as data to create a virtuous cycle in which the value of Glico's analyses and recommendations continuously improves, thereby encouraging continued use of the service.

2. Service designed to drive behavior changes

Based on the analysis results, the service recommends foods, meals, and supplements tailored to each individual's constitution and gut microbiome activity, creating an environment that makes it easy to maintain better habits over the long term. While respecting each individual's freedom in dietary and health choices, Glico aims to support users in continuing these habits independently.

7. Company profile

Company name	Ezaki Glico Co., Ltd.
Location	4-6-5 Utajima, Nishiyodogawa-ku, Osaka 555-8502, Japan
Representative	Etsuro Ezaki, President
Founded	1922
Business activities	Manufacture and sale of confectionery, food products, dairy products, and nutrition-related products

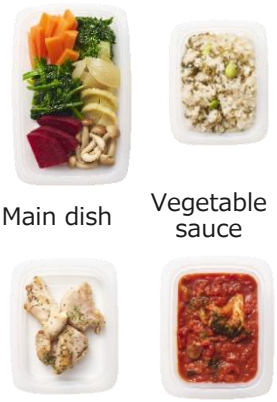
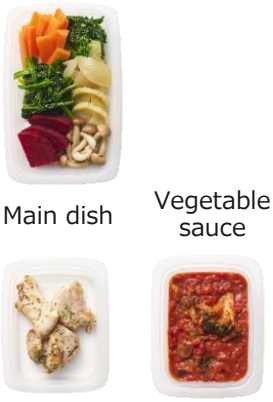
Company name	Viome Life Sciences, Inc.
Location	Bellevue, Washington, USA
Representative	Naveen Jain, Founder & CEO
Founded	2016
Business activities	Precision health solutions business based on the analysis of gut microbiome activity, mRNA analysis and development and provision of personalized healthcare services.

8. Reference information

Product name	**mRNA HEALTH TRACKER**
Packaging	First purchase / Repeat purchase 
Suggested retail price (incl. tax)	Single item: JPY 79,200
	2-item set: JPY 126,000 (20% off) Repeat purchase within 6 months: JPY 66,000 (17% off) Repeat purchase within 1 year: JPY 74,800 (6% off)
Product features	・ Assesses microbial activity and displays 26 different health scores based on the gut microbiome activity profile. ・ Displays suitable foods and foods to avoid from a list of approximately 300 food items. ・ Personal advisors with expertise in the gut microbiome and nutritional science use your test results to recommend a personalized diet and lifestyle improvement plan. Users can schedule a 30-minute consultation.
Release date	Monday, September 14, 2026

Product name	**mRNA HEALTH TRACKER BifiX Supplements**	**mRNA HEALTH TRACKER Cacao Flavanol Supplements**	**mRNA HEALTH TRACKER GCL1815 Supplements**
Packaging			
Net content	30 capsules x 1 pack	90 capsules x 1 pack	30 capsules x 1 pack
Suggested retail price (incl. tax)	JPY 4,950	JPY 4,950	JPY 4,950
Product features	・ Supplements that focus on health scores and health challenges, allowing individuals to choose based on the scores and challenges that matter to them. ・ <BifiX> The BifiX supplements contain 10 billion BifiX bifidobacteria per capsule, which produce Tansa® (Short-Chain Fatty Acids, SCFAs), supporting a healthy daily rhythm by promoting digestive comfort. ・ <Cacao flavanols> Three capsules contain 200 mg of high-purity cacao flavanols		

	extracted using a cold-extraction process. They help support overall wellbeing, starting from the gut. ・ <GCL1815> This supplement contains 6 billion GCL1815 lactic acid bacteria per capsule—the same strain used in Bisco biscuits. They support daily health starting from the gut.
Release date	Monday, September 14, 2026

Product name	**mRNA HEALTH TRACKER Personalized Meal Solution**		
Plan	Perfect plan	No-staple plan	Breakfast option
Example dishes	Steamed vegetables / Staple food / Main dish / Vegetable sauce 	Steamed vegetables / Main dish / Vegetable sauce 	Broccoli potage 
Net content	Approx. 485 g/meal Staple food approx. 83 g; Main dish approx. 53 g. Vegetable sauce approx. 122 g Steamed vegetables approx. 227 g	Approx. 402 g/meal Main dish approx. 53 g Vegetable sauce approx. 122 g Steamed vegetables approx. 227 g	Approx. 150 g/meal
Suggested retail price (incl. tax)	JPY 2,100 / meal	JPY 1,700 / meal	JPY 750 / meal
Product features	・ Made with domestic ingredients (fish may include imports); frozen meal solutions that bring out the natural flavors of the ingredients (products by AIVICK CO., Ltd.) ・ Combinations selected from a total of 47 options, including staple foods, main dishes, sauces, steamed vegetables, and soups, tailored to each individual's recommended and restricted foods. -Lineup of individually packaged products with a variety of options to choose from. -Weekly delivery: choose from 3, 4, or 5 meals. -For some items, an upper limit of 5-10 g applies.		
Release date	Monday, September 14, 2026		

■Regarding advance sales

This service will be launched on Monday, September 14, 2026. For information on how to sign up for advance sales and service details, please visit the website below.

https://mht.glico.com/lp/