



International Microbiota Observatory

L'Observatoire International
des Microbiotes

Fourth wave

Germany results


A large, semi-transparent rectangular area on the left side of the slide contains a microscopic image of various bacterial shapes, including rods and cocci, rendered in a light gray color against a white background.

Methods

Methods





2023 Entrants

-  USA (n=500)
-  Brazil (n=500)
-  Mexico (n=1,000)
-  France (n=1,000)
-  Portugal (n=500)
-  China (n=1,000)

2024 Entrants

-  Poland (n=500)
-  Finland (n=500)
-  Vietnam (n=1000)

2025 Entrants





-  Germany (n=500)
-  Italy (n=500)

11
countries

7 500
respondents

The International Microbiota Observatory was conducted online in **11 countries** from February 3rd – March 13th, 2026. Representative samples by country are ensured by the quota method applied to the respondent's gender, age, region and occupation.



Throughout the report, all results are presented in %. Statistical significance of sub-populations and with the previous wave are calculated at a confidence level of 95%. To enhance readability, significant differences are highlighted using  green and  orange colors, and evolution by arrows.  



Some results have a low basis, results must be interpreted with caution.



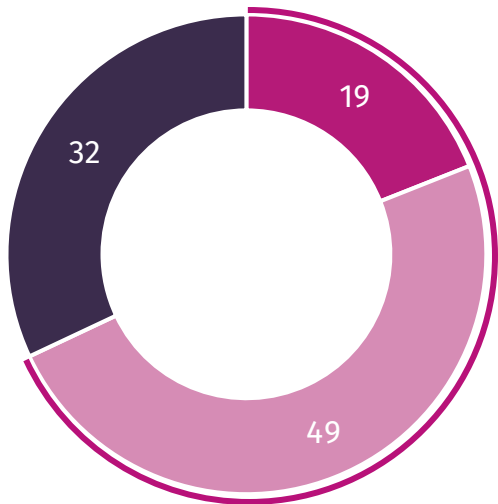
Despite signs of improvement, awareness of the microbiome remains low in Germany.



German awareness appears to be trending up, with 7 in 10 saying they have heard of the microbiome—on par with the global average.



Question 2. Have you ever heard of the "microbiome"?
Base: All respondents



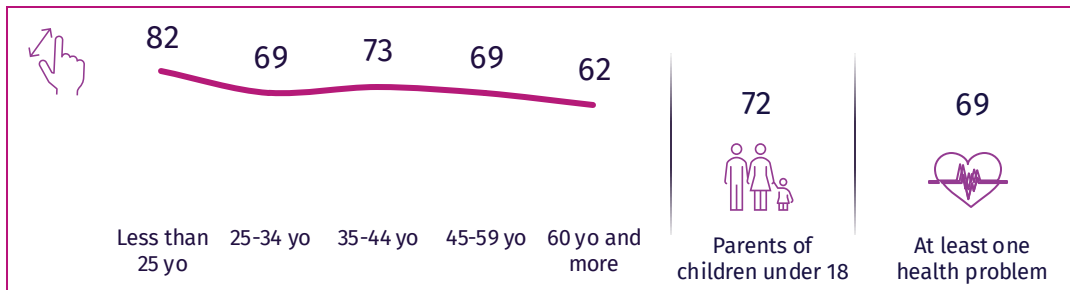
- Yes, and I know exactly what it is
- Yes, but I don't know exactly what it is
- No, I never heard about it

68% have already heard about the term microbiome

2025: 63%



72%



● Significant differences vs total - superior ● Significant differences vs total - inferior

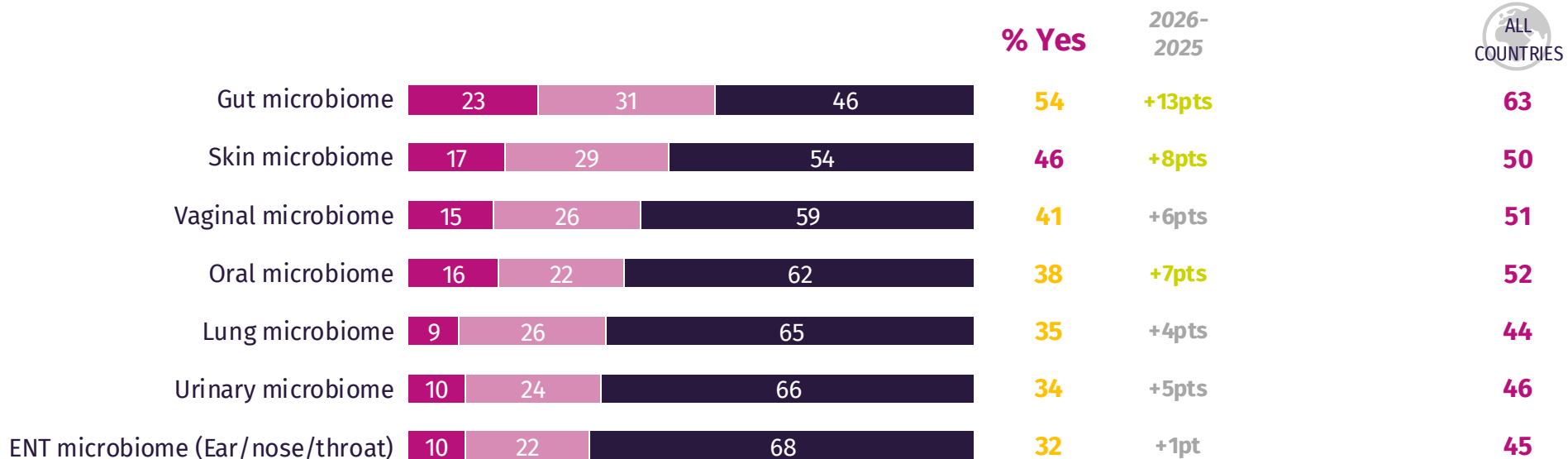


In Germany, awareness of the gut, skin, and oral microbiome has improved, but the breadth of awareness across microbiome types still trails the global average.



Question 3. And more specifically, have you ever heard of the following terms?
Base: All respondents

Evolution



● Yes, and I know exactly what it is
 ● Yes, but I don't know exactly what it is
 ● Never heard about it

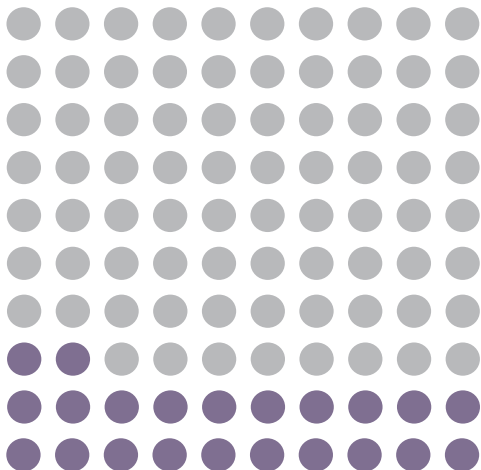


Less than a quarter have already heard of each microbiome location – below global norms.



Question 3. And more specifically, have you ever heard of the following terms?

Base: All respondents

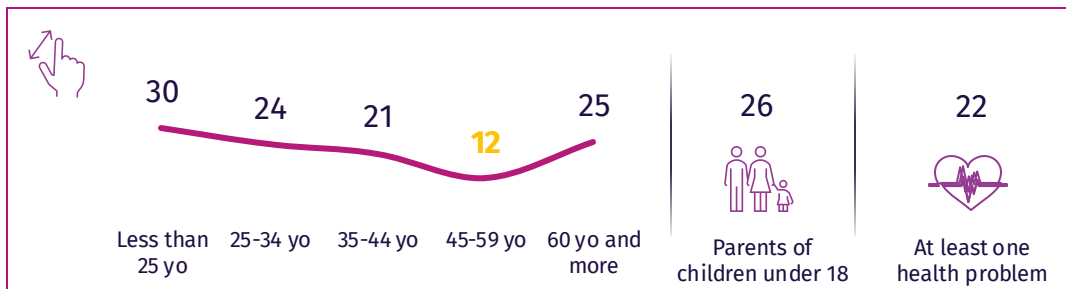


22% have already heard of each microbiome:
Gut, vaginal, skin, lung, urinary, oral and ENT microbiome

2025: 19%



32%

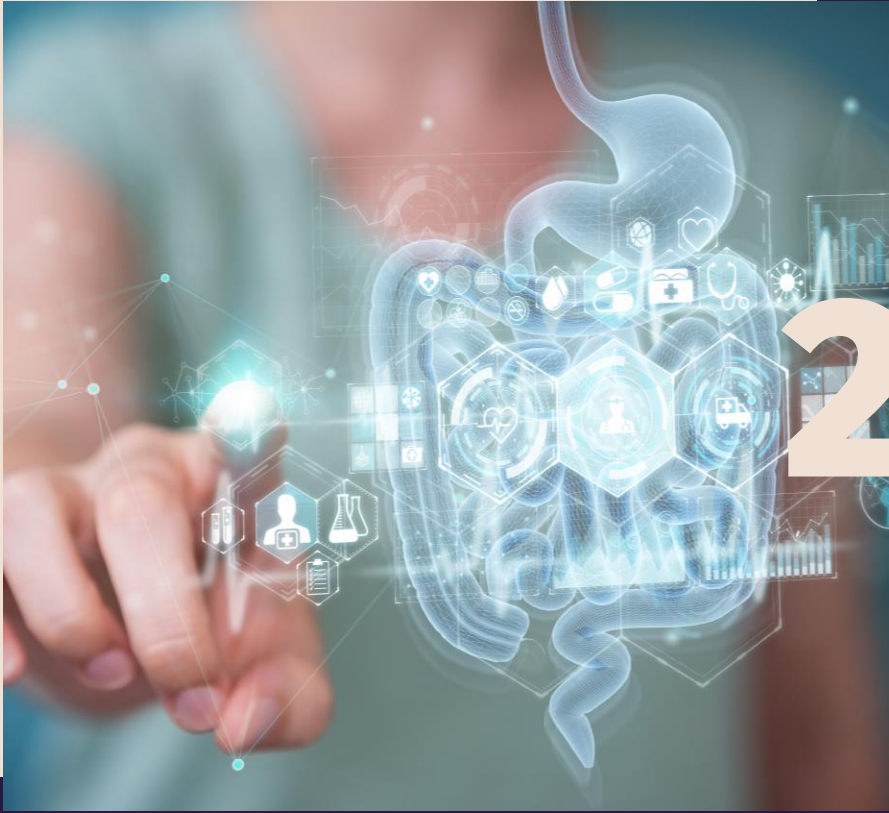


But only **6%** know precisely all of them

2025 : 3% +3pts vs 2025



7%



Healthcare professionals, a highly trusted source but still insufficient information provided

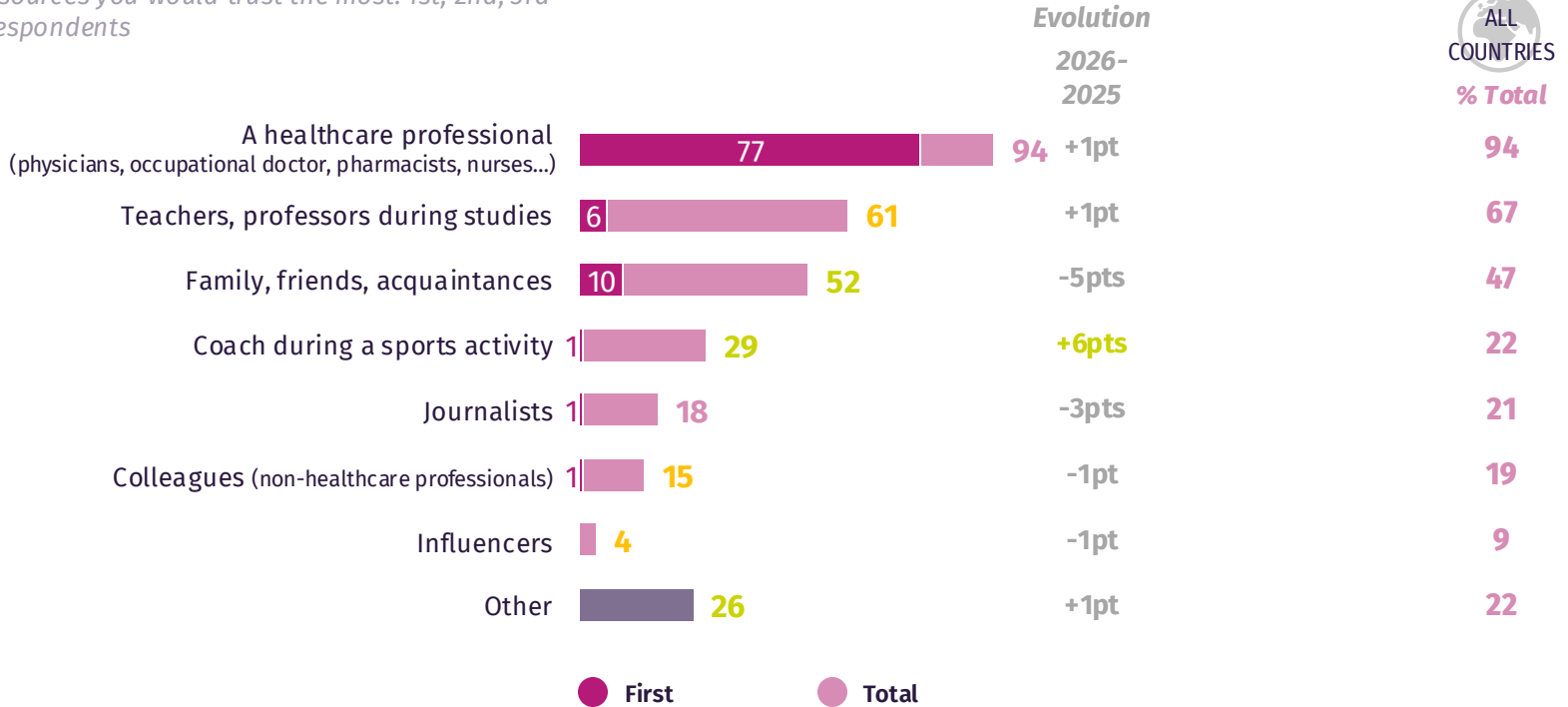


Healthcare professionals stand out as the most trusted source of information about the microbiome, with more than 3 in 4 people saying they would first turn to an HCP.

Question 2V2. For relevant and trustworthy information about microbiome, who would you trust the most?

Select the sources you would trust the most: 1st, 2nd, 3rd

Base: All respondents





Healthcare professionals remain the most trusted source of information about the microbiome regardless of demographics.

Question 2V2. For relevant and trustworthy information about microbiome, who would you trust the most?

Select the sources you would trust the most: 1st, 2nd, 3rd

Base: All respondents

	Total	Less than 25 yo <i>n=43</i>	25-34 yo <i>n=70</i>	35-44 yo <i>n=76</i>	45-59 yo <i>n=131</i>	60 yo and more <i>n=180</i>	Men <i>n=232</i>	Women <i>n=268</i>	Parents of children under 18 <i>n=106</i>	At least one health problem <i>n=318</i>
A healthcare professional (physicians, occupational doctor, pharmacists, nurses...)	94	98	89	89	94	98	92	97	91	96
Teachers, professors during studies	61	72	69	57	57	60	65	57	61	63
Family, friends, acquaintances	52	56	56	58	44	54	54	51	57	53
Coach during a sports activity	29	28	31	33	32	24	24	33	35	29
Journalists	18	14	23	15	16	20	19	17	18	17
Colleagues (non-healthcare professionals)	15	9	10	15	20	16	16	15	13	15
Influencers	4	2	10	2	5	2	5	3	5	4
Other	26	22	11	30	33	28	26	27	21	24



Significant differences vs total - superior



Significant differences vs total - inferior



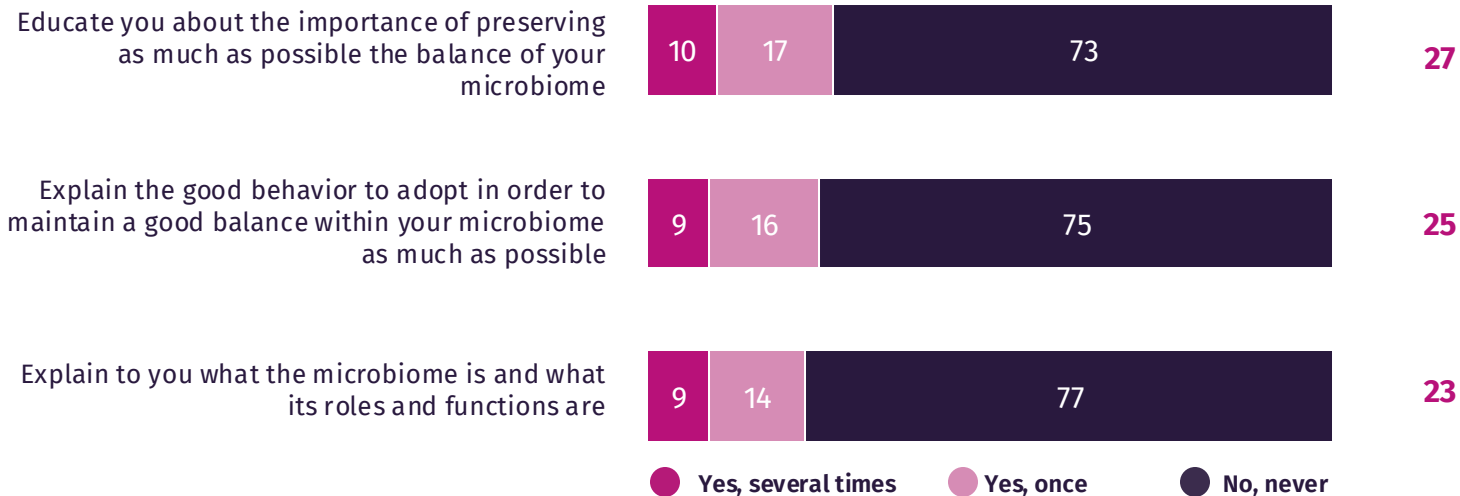
German people receive significantly less microbiome information from HCPs compared to global results



Question 5. Have any of the healthcare professionals you have seen ever done any of the following?
Base: All respondents

Only **19%** received **ALL THESE INFORMATION**, at least one time
6% received all these information several times

 ALL COUNTRIES **33%**
11% % Yes



A full definition explaining the microbiome has been displayed to respondents before this question

And counseling levels are no showing any signs of increase compared to last year



Question 5. Have any of the healthcare professionals you have seen ever done any of the following?

Base: All respondents

% Yes

	Total	Evolution 2026- 2025	ALL COUNTRIES
% Received ALL THESE INFORMATION, at least one time	19	+1pt	33
% Received ALL THESE INFORMATION, <u>several times</u>	6	+1pt	11
Educate you about the importance of preserving as much as possible the balance of your microbiome	27	-3pts	43
Explain the good behavior to adopt in order to maintain a good balance within your microbiome as much as possible	25	=	43
Explain to you what the microbiome is and what its roles and functions are	23	-2pts	39



Parents are more likely to report more information provided by HCPs.



Question 5. Have any of the healthcare professionals you have seen ever done any of the following? Base: All respondents

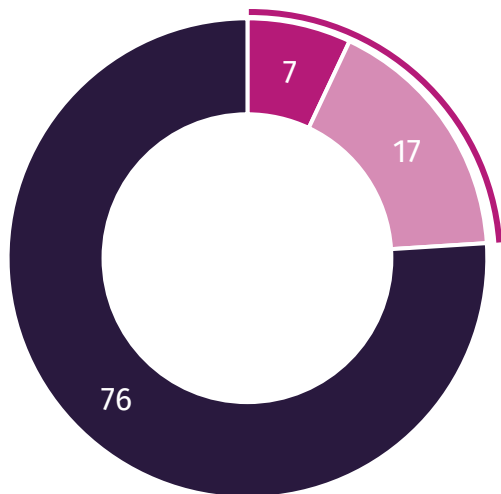
% Yes	Total	Less than 25 yo	25-34 yo	35-44 yo	45-59 yo	60 yo and more	Men	Women	Parents of children under 18	At least one health problem
	base n=500	n=43	n=70	n=76	n=131	n=180	n=232	n=268	n=106	n=318
Educate you about the importance of preserving as much as possible the balance of your microbiome	27	33	33	32	21	25	29	25	39	31
Explain the good behavior to adopt in order to maintain a good balance within your microbiome as much as possible	25	35	26	32	22	22	27	23	38	30
Explain to you what the microbiome is and what its roles and functions are	23	29	28	34	16	20	25	21	36	26



Prescription of pre/probiotics in Germany is low, falling far short of global practice.



Question 5. Have any of the healthcare professionals you have seen ever done any of the following?
Base: All respondents



- Yes, several times
- Yes, once
- No never

24% were prescribed with prebiotics or probiotics
2025: 21%

ALL COUNTRIES
51%



Microbiome guidance post-antibiotics is rarely provided in Germany vs globally.



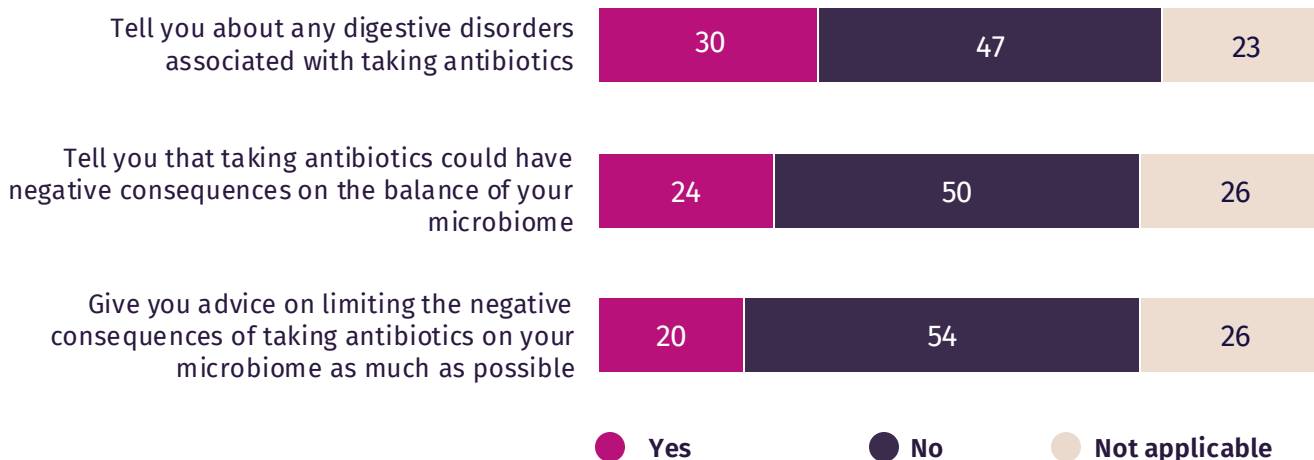
Question 7. The last time a doctor prescribed antibiotics, did they do the following?

Base: All respondents

Only **14%** received ALL THESE INFORMATION from their HCPs



25%





No improvement this year in post-antibiotic patient education in Germany



Question 7. The last time a doctor prescribed antibiotics, did they do the following?

Base: All respondents

% Yes

	Total	Evolution 2026- 2025	ALL COUNTRIES
% HAVE RECEIVED ALL THESE INFORMATION FROM THEIR HCPS	14	+1pt	25
Tell you about any digestive disorders associated with taking antibiotics	30	-2pts	45
Tell you that taking antibiotics could have negative consequences on the balance of your microbiome	24	-3pts	39
Give you advice on limiting the negative consequences of taking antibiotics on your microbiome as much as possible	20	-1pt	36



Parents received more information and advice when prescribed antibiotics.

Question 7. The last time a doctor prescribed antibiotics, did they do the following? / Base: All respondents

% Yes	Total	Less than 25 yo	25-34 yo	35-44 yo	45-59 yo	60 yo and more	Parents of children under 18	At least one health problem
	base n=500	n=43	n=70	n=76	n=131	n=180	n=106	n=318
% HAVE RECEIVED ALL THESE INFORMATION FROM THEIR HCPS	14	15	8	23	13	15	23	16
Tell you about any digestive disorders associated with taking antibiotics	30	40	35	30	29	27	37	34
Tell you that taking antibiotics could have negative consequences on the balance of your microbiome	24	31	26	30	21	22	38	27
Give you advice on limiting the negative consequences of taking antibiotics on your microbiome as much as possible	20	25	15	27	15	20	31	21



Significant differences vs total - superior



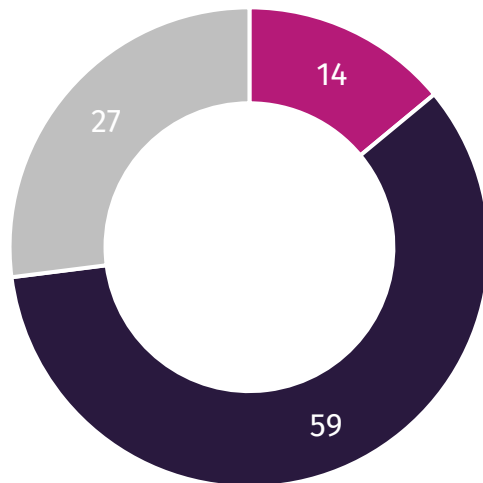
Significant differences vs total - inferior

Prescription of probiotics with antibiotics remains the exception in Germany.



Question 7. The last time a doctor prescribed antibiotics, did they do the following?

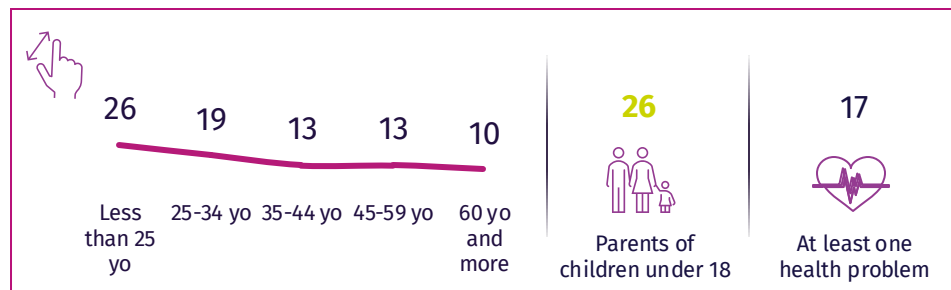
Base: All respondents



- Yes
- No
- Not applicable

14% were prescribed with prebiotics or probiotics

ALL COUNTRIES
38%



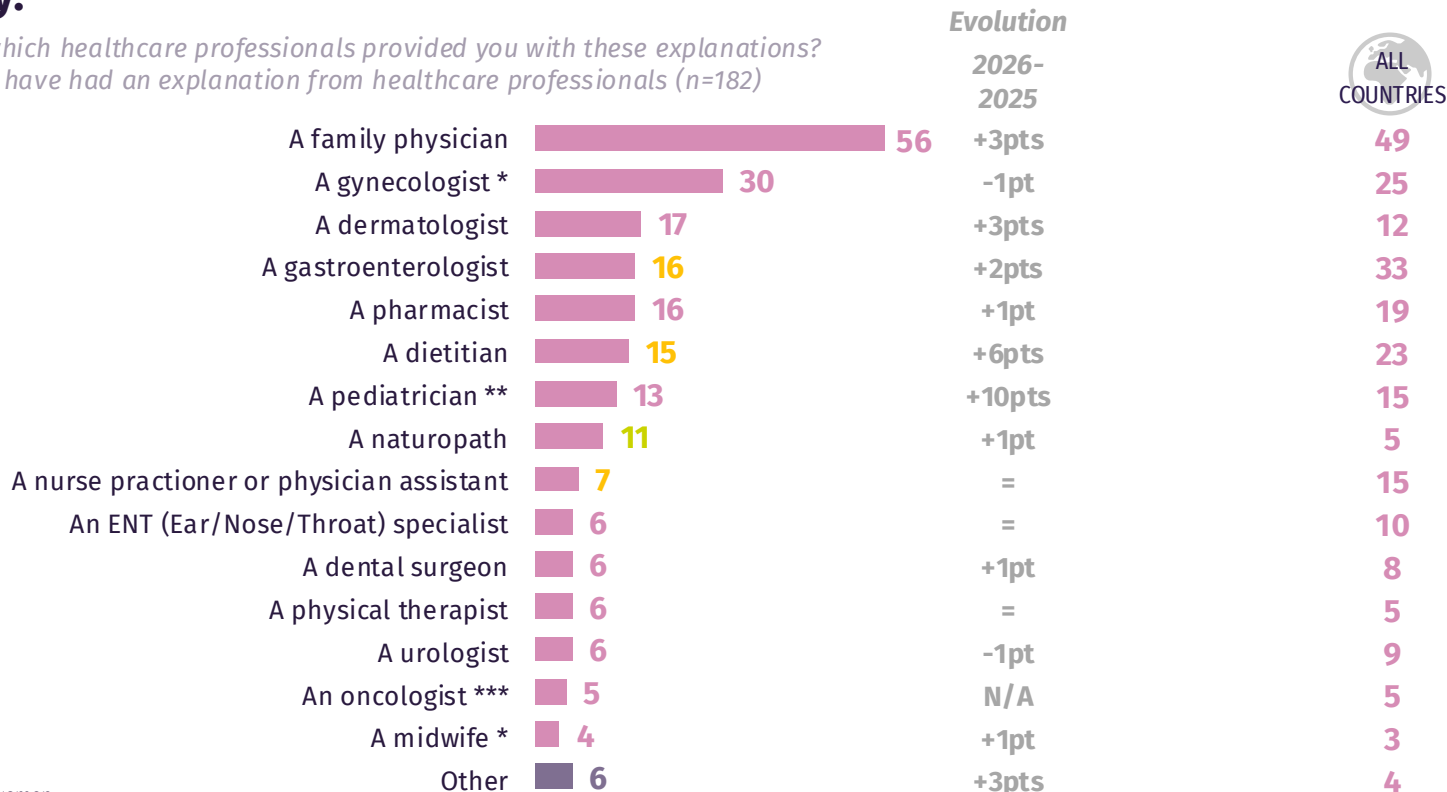
● Significant differences vs total - superior ● Significant differences vs total - inferior



The family physician is the top professional source of information about microbiome in Germany.



Question 6. And which healthcare professionals provided you with these explanations?
Base: People who have had an explanation from healthcare professionals (n=182)



* Item displayed to women

** Item displayed to parents

*** This item has been added this year. Due to low basis of people suffering from cancer, this item is displayed on all respondents.



Family physician is the top 1 source of information for all Germans.

Question 6. And which healthcare professionals provided you with these explanations?

Base: People who've received some information from HCPs (n=182)

▲ Low basis, results must be interpreted with caution

	Total	Less than 25 yo	25-34 yo	35-44 yo	45-59 yo	60 yo and more	Men	Women	Parents of children under 18	At least one health problem
base	n=182	n=21 ▲	n=30 ▲	n=32 ▲	n=43	n=56	n=83	n=99	n=53	n=131
A family physician	56	58	56	60	47	59	67	46	65	57
A gynecologist	30	32	24	40	28	28	0	30	27	29
A dermatologist	17	18	22	10	14	20	20	14	24	19
A gastroenterologist	16	0	7	18	17	27	19	14	17	19
A pharmacist	16	6	21	27	16	10	21	11	32	14
A dietitian	15	20	13	16	14	14	18	12	12	15
A pediatrician	13	27	15	0	32	0	21	8	13	12
A naturopath	11	10	15	13	15	6	14	10	8	14
A nurse practitioner or physician assistant	7	11	10	3	8	7	8	7	4	7
An ENT (Ear, Nose, Throat) specialist	6	13	4	0	6	9	9	4	6	6
A dental surgeon	6	0	4	7	11	5	8	4	11	5
A physical therapist	6	9	9	5	0	9	7	6	8	7
A urologist	6	5	0	0	6	13	9	3	4	6
An oncologist*	5	9	0	3	4	7	6	3	5	5
A midwife	4	8	8	0	5	0	0	4	11	2
Other	6	15	10	0	2	8	6	7	2	4

● Significant differences vs total - superior

● Significant differences vs total - inferior

● First source by profile

*This item has been added this year



3

Germany aligns with global understanding, with little increase across most topics.

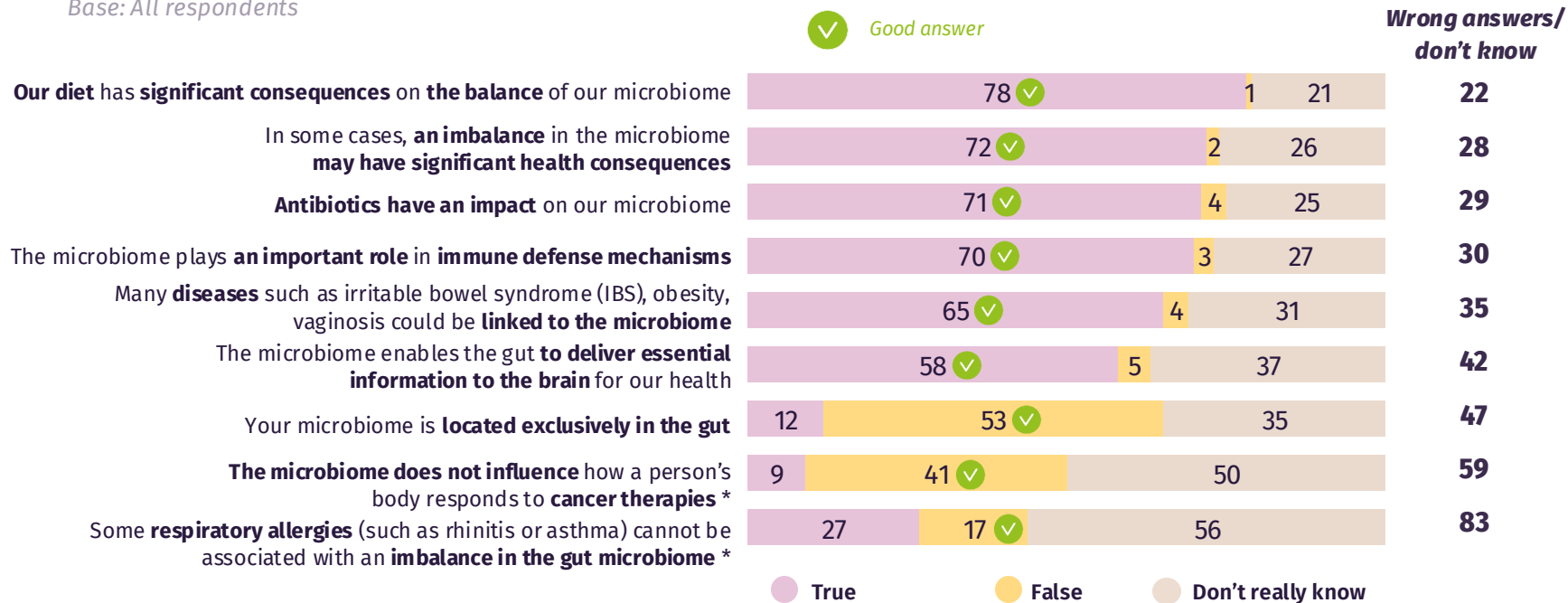


Knowledge is strong on general concepts but falters on specifics like disease links



Question 4. For each of the following statements, tell us if you think it is TRUE or FALSE. If you are unsure about your answer, answer I don't really know.

Base: All respondents



* These items have been added this year

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Except the link between diet and microbiome, other areas of knowledge are not improving.



Question 4. For each of the following statements, tell us if you think it is TRUE or FALSE. If you are unsure about your answer, answer I don't really know.

Base: All respondents

% good answer

	Total	Evolution	
		2026-2025	ALL COUNTRIES
Our diet has significant consequences on the balance of our microbiome	78	+6pts	79
In some cases, an imbalance in the microbiome may have significant health consequences	72	=	77
Antibiotics have an impact on our microbiome	71	-2pts	71
The microbiome plays an important role in immune defense mechanisms	70	=	76
Many diseases such as irritable bowel syndrome (IBS), obesity, vaginosis could be linked to the microbiome	65	+1pt	68
The microbiome enables the gut to deliver essential information to the brain for our health	58	+1pt	60
Your microbiome is located exclusively in the gut	53	-2pts	49
The microbiome does not influence how a person's body responds to cancer therapies *	41	N/A	40
Some respiratory allergies (such as rhinitis or asthma) cannot be associated with an imbalance in the gut microbiome *	17	N/A	23

● Significant differences vs total - superior

● Significant differences vs total - inferior

* These items have been added this year

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In Germany, there are no statistically significant demographic differences in microbiome awareness; middle-aged adults and men appear only slightly less aware.



Question 4. For each of the following statements, tell us if you think it is TRUE or FALSE. If you are unsure about your answer, answer I don't really know.

Base: All respondents



5,4

5,2/9

Number of good responses on average



- Significant differences vs total - superior
- Significant differences vs total - inferior



4

Willingness to modify behaviors to maintain a balanced microbiome is low in Germany

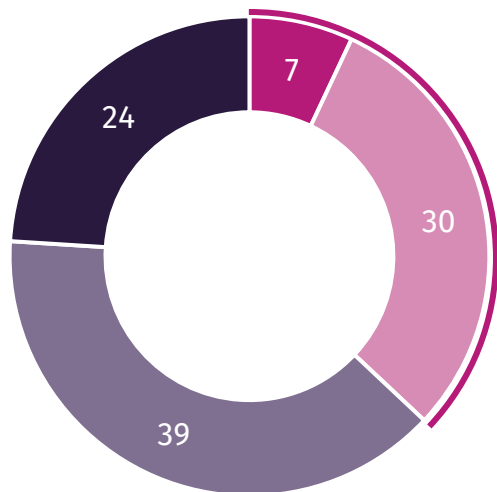


Few Germans are taking action for their microbiome health



Question 10. And in your daily life, have you changed your behaviors to keep your microbiome as balanced and functioning as smoothly as possible?

Base: All respondents

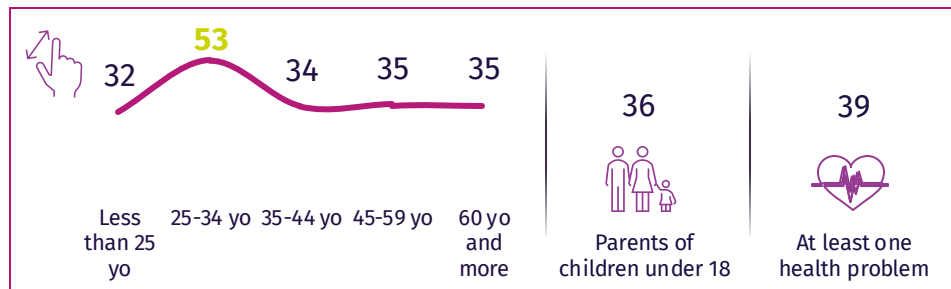


- Yes, a lot
- Yes, a little
- No, not really
- No, not at all

37% have changed their behaviors
2025: 36%



53%



● Significant differences vs total - superior ● Significant differences vs total - inferior

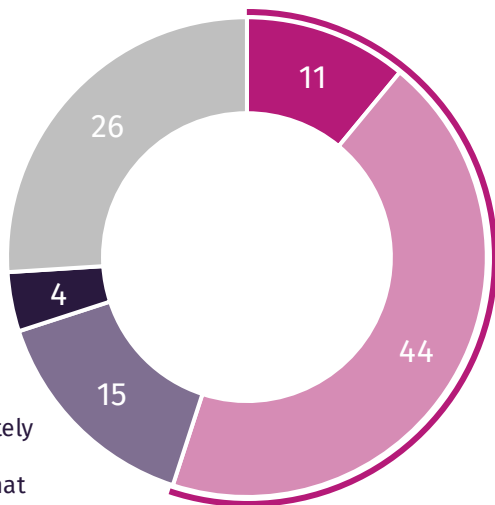


Around half consider their gut microbiome well balanced but only 1 out of 10 think it is completely balanced, and a quarter of them can't really say.

NEW QUESTION

Question 14V4. Do you consider that your gut microbiome is currently well balanced?

Base: All respondents

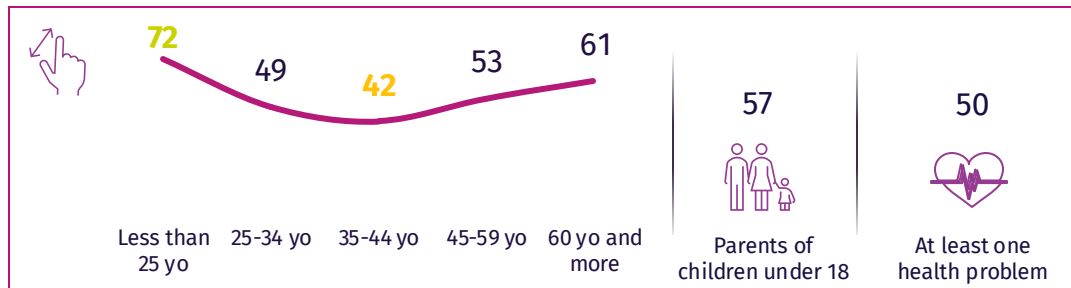


- Yes, completely
- Yes, somewhat
- No, not very
- No, not at all
- I cannot really say that

55% consider that their gut microbiome is currently well balanced



59%

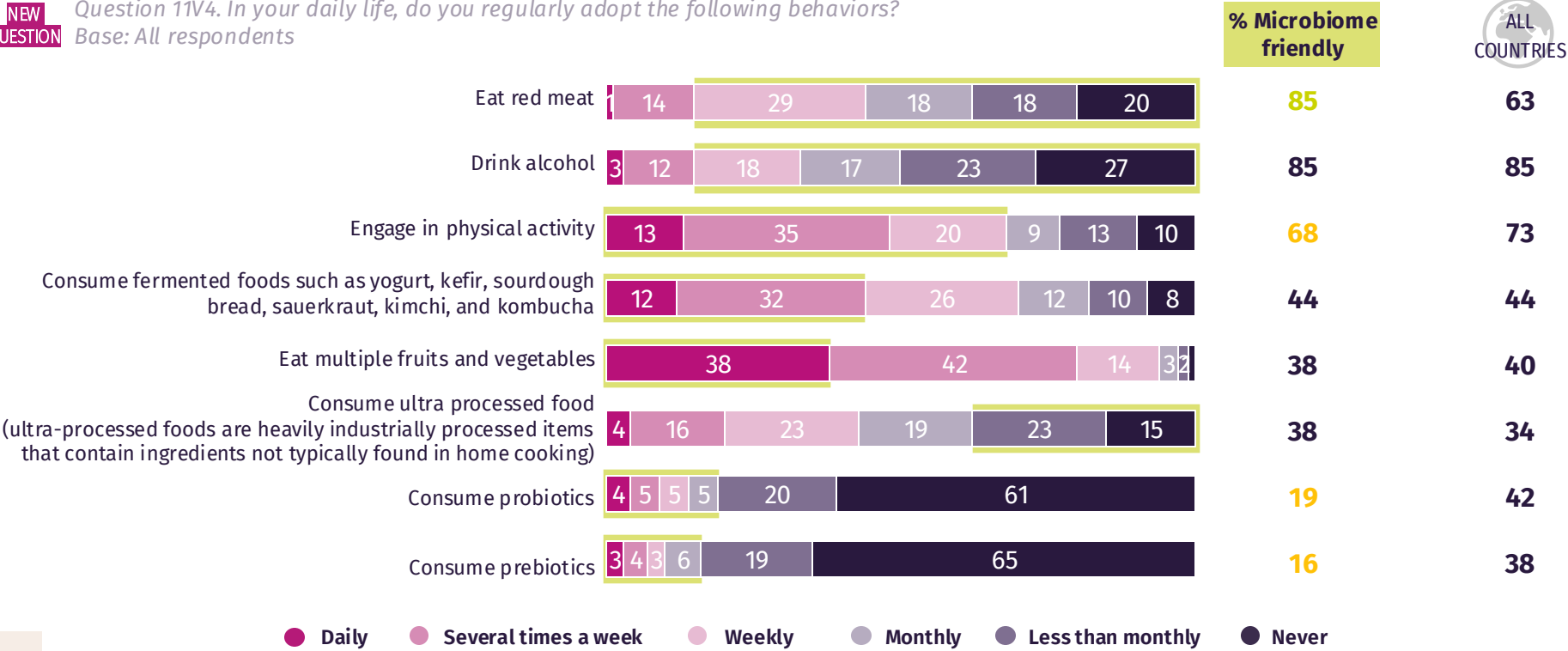


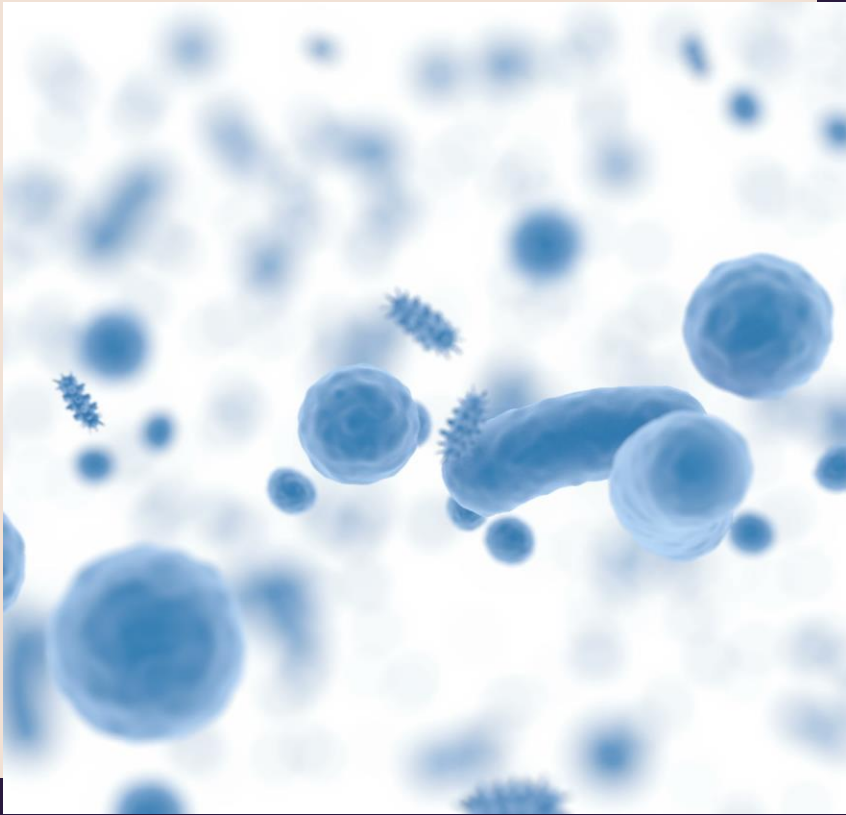
● Significant differences vs total - superior ● Significant differences vs total - inferior



In Germany, aside from generally acceptable red-meat intake frequency, physical activity is insufficient and use of prebiotics/probiotics remains rare.

NEW QUESTION Question 11V4. In your daily life, do you regularly adopt the following behaviors?
Base: All respondents





5 Focus on the first 1,000 days of life



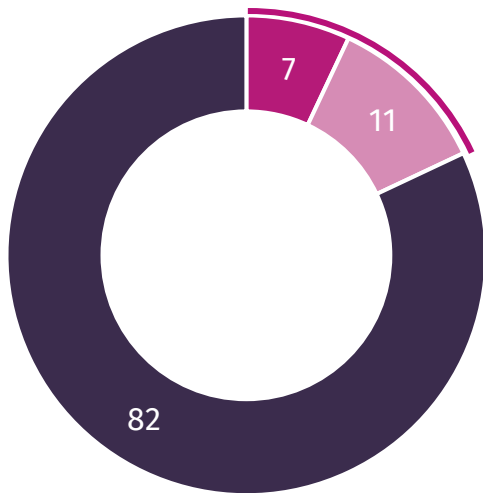
The 'first 1,000 days' concept remains niche and poorly understood by German parents

⚠ Low basis, results must be interpreted with caution

NEW QUESTION

Question 2V4. Have you ever heard about the scientific concept of the "first 1,000 days of life"?

Base: Parents or pregnant women (n=110)

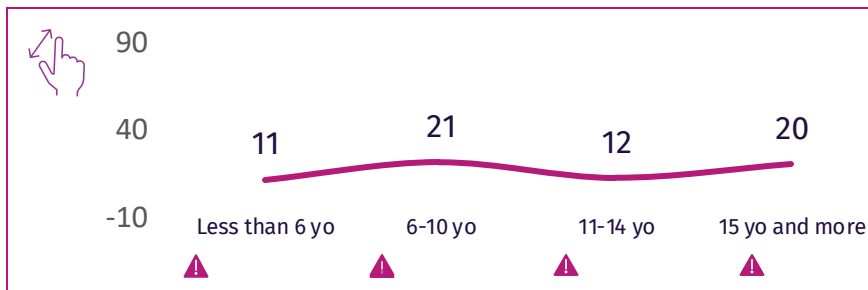


- Yes, and I know exactly what it is
- Yes, but I don't know exactly what it is
- No, I never heard about it

18% have heard about the scientific concept of the « first 1,000 days of life »
 14% among total population



43%



● Significant differences vs total - superior ● Significant differences vs total - inferior



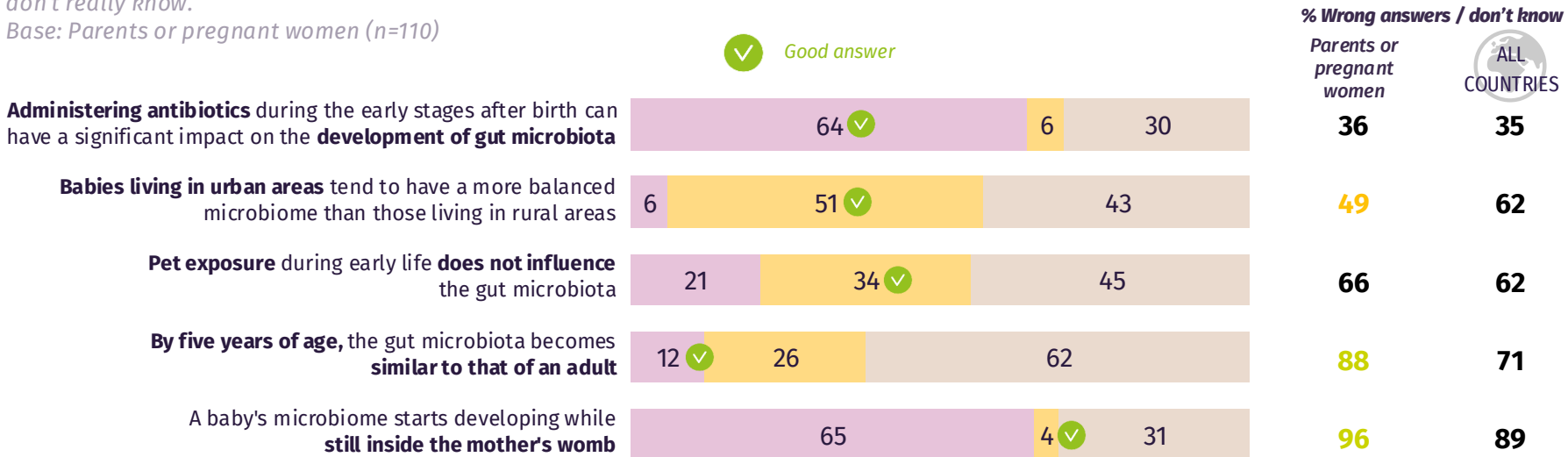
Significant misconceptions exist among German parents regarding early-life microbiome except the link between antibiotics and the development of gut microbiota.

NEW QUESTION

Question 4V4. For each of the following statements, tell us if you think it is TRUE or FALSE. If you are unsure about your answer, answer I don't really know.

Base: Parents or pregnant women (n=110)

✓ Good answer



True

False

Don't really know



German parents' knowledge of child microbiome is very limited as globally.



NEW QUESTION

Question 4V4. For each of the following statements, tell us if you think it is TRUE or FALSE. If you are unsure about your answer, answer I don't really know.

Base: Parents or pregnant women (n=110)

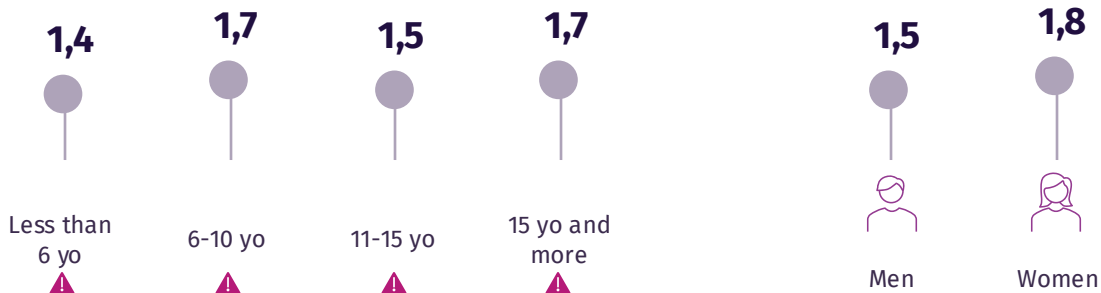
▲ Low basis, results must be interpreted with caution

ALL COUNTRIES

1,8

1,6/5

Number of good responses on average



- Significant differences vs total - superior
- Significant differences vs total - inferior

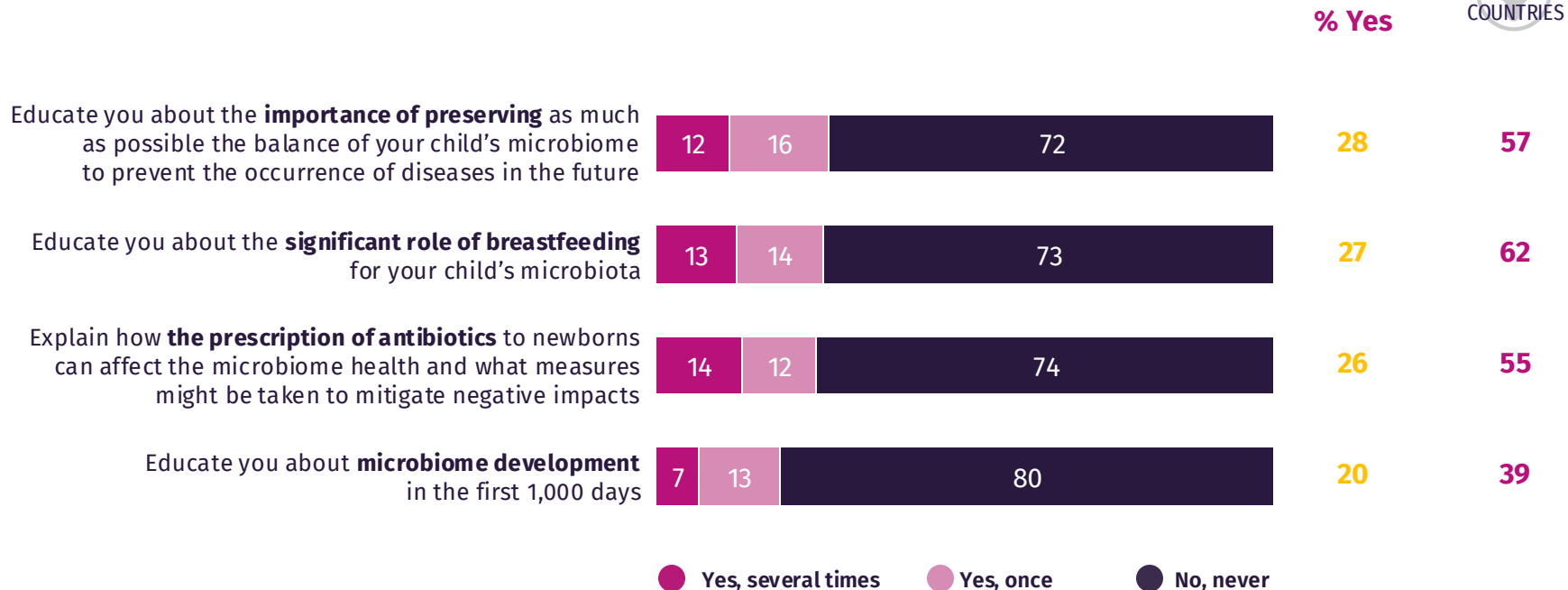


Very few parents recall receiving information from the HCP on child microbiome.

NEW QUESTION

Question 5V4. Has the pediatrician or the doctor monitoring your child's health ever done any of the following?

Base: Parents (n=106)



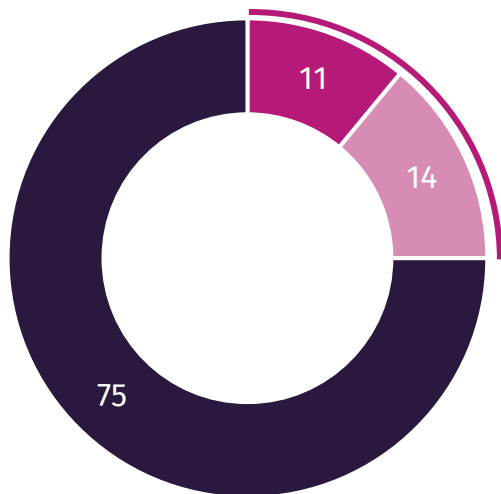


Probiotic prescriptions for children are low in Germany, contrasting sharply with global results.

NEW QUESTION

Question 5V4. Has the pediatrician or the doctor monitoring your child's health ever done any of the following?

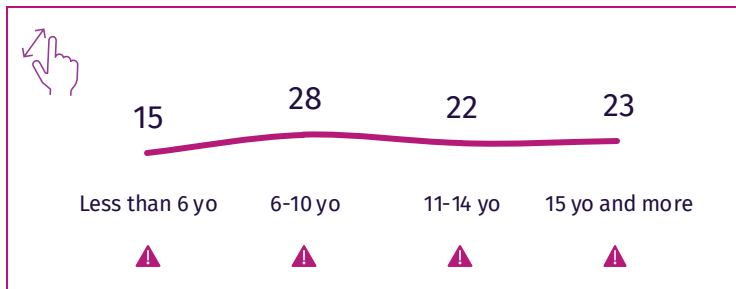
Base: Parents (n=106)



25% were prescribed with prebiotics or probiotics for their child



57%

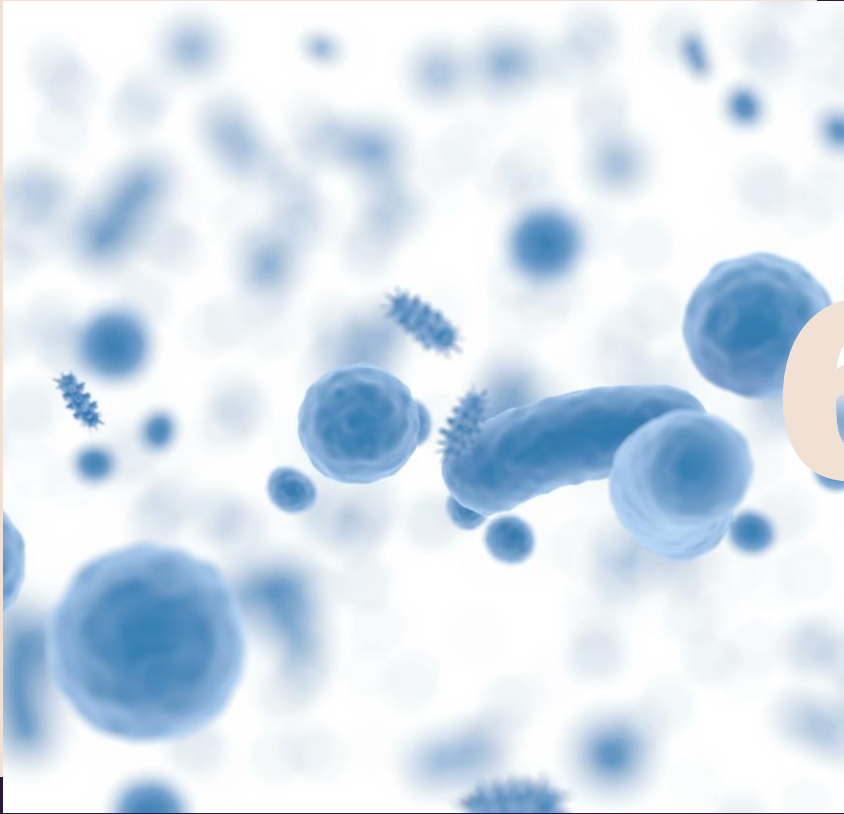


- Yes, several times
- Yes, once
- No never

⚠ Low basis, results must be interpreted with caution

● Significant differences vs total - superior

● Significant differences vs total - inferior



6

Focus on the vaginal microbiome

In the next questions, we will discuss the vaginal microbiome, also known as vaginal flora.

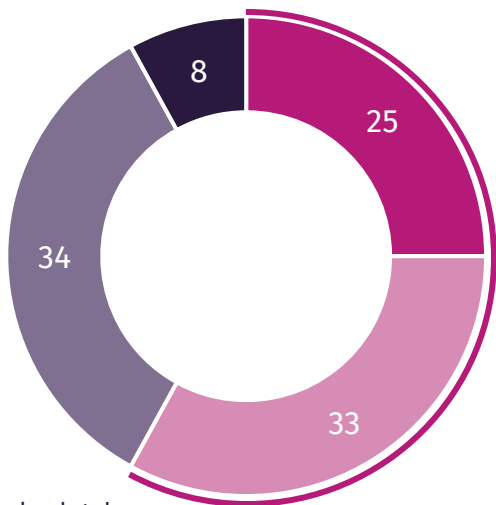


In Germany, only 3 women out of 5 report that they know the difference between vagina and vulva, far below the global average.

NEW QUESTION

Question 6V4. Do you know the difference between vagina and vulva?

Base: Women (n=268)

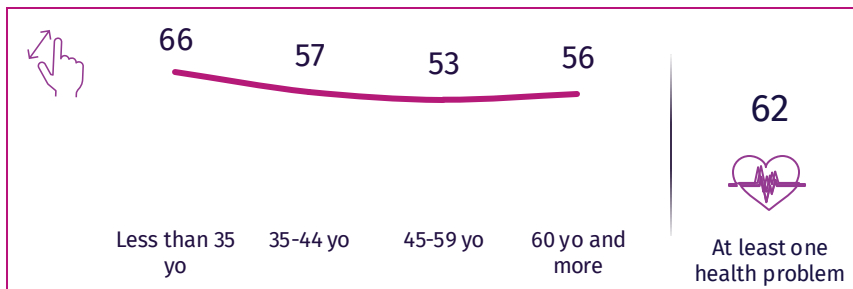


- Yes, absolutely
- Yes, somewhat
- No, not really
- No, not at all

58% know the difference between vagina and vulva



78%



● Significant differences vs total - superior ● Significant differences vs total - inferior

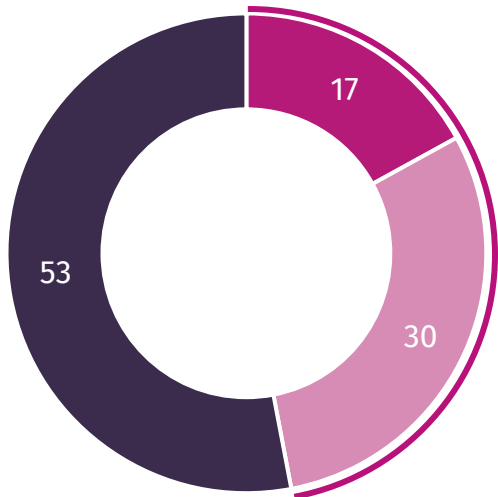


Less than half of German women have heard the term “vaginal microbiome”, below global norms.



Question 3. And more specifically, have you ever heard of the following terms?
Base: Women (n=268)

Vaginal microbiome

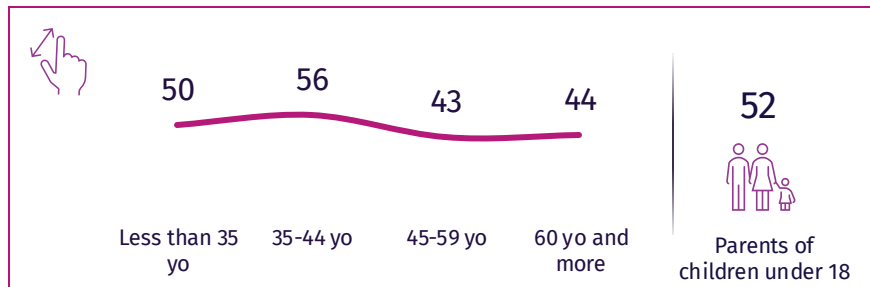


- Yes, and I know exactly what it is
- Yes, but I don't know exactly what it is
- No, I never heard about it/ never heard about microbiome

47% of women have already heard about the vaginal microbiome
2025: 41%



56%



● Significant differences vs total - superior ● Significant differences vs total - inferior



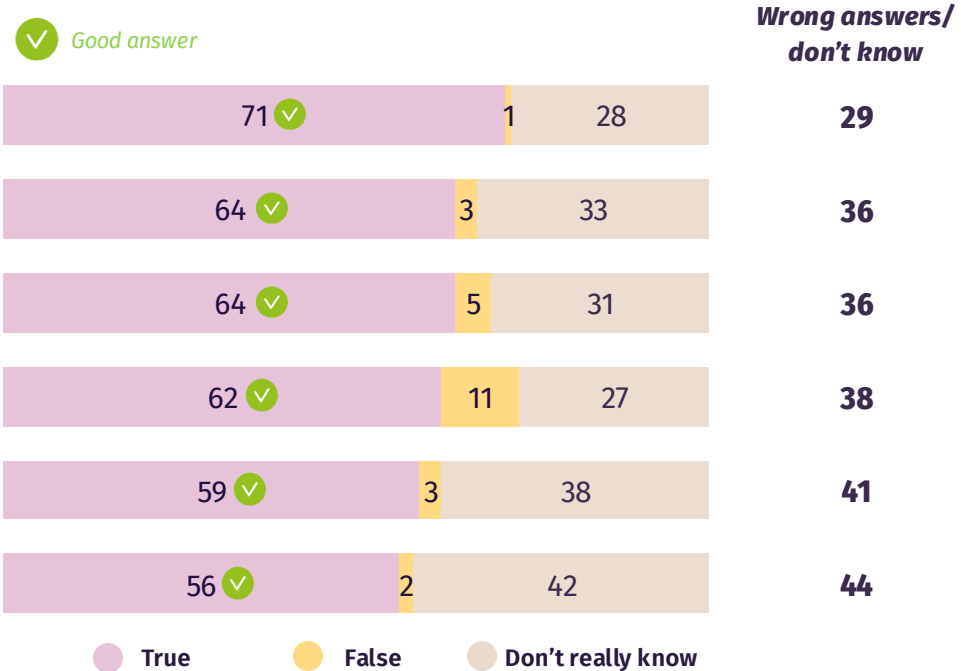
(1/2)

Core concepts understood: German women grasp the basics of vaginal microbiome's function.



Question 13. For each of the following statements, tell us if you think it is TRUE or FALSE. If you are unsure about your answer, answer I don't really know.

Base: Women (n=268)



● True ● False ● Don't really know

*These items have been added this year



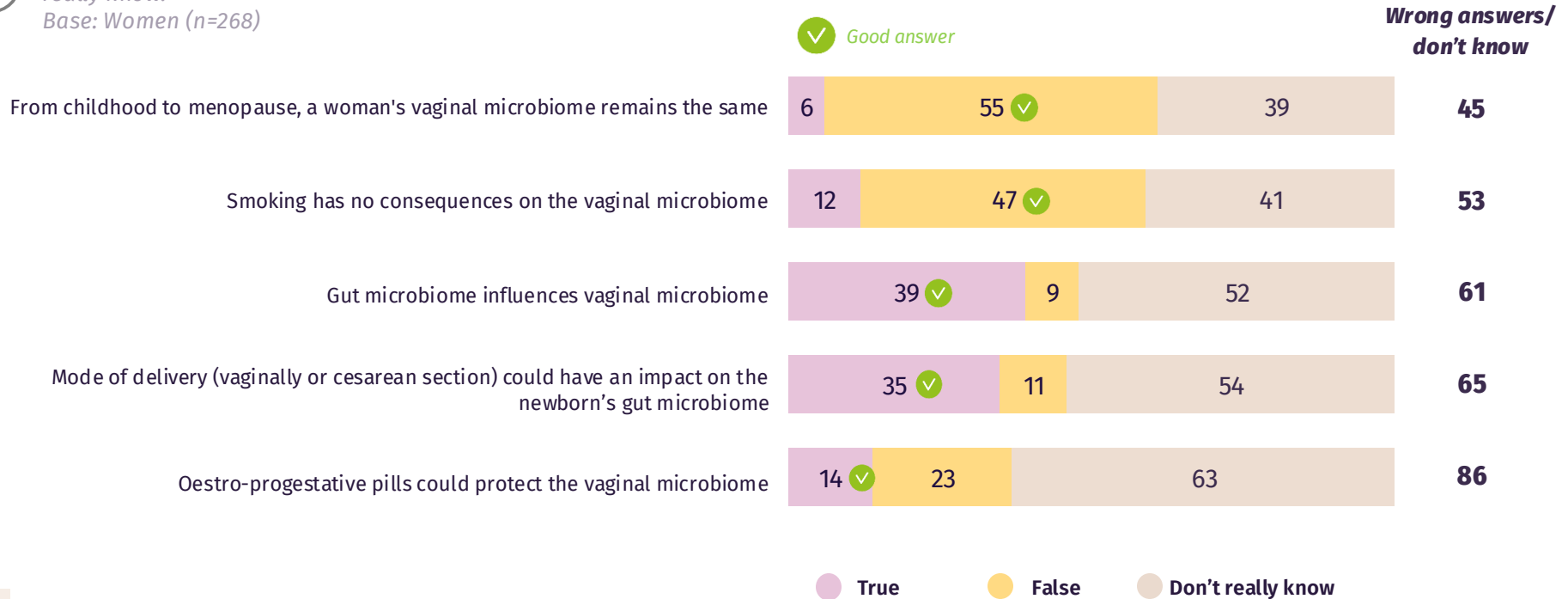
(2/2)

Key knowledge gaps on gut-vaginal axis and delivery impact.



Question 13. For each of the following statements, tell us if you think it is TRUE or FALSE. If you are unsure about your answer, answer I don't really know.

Base: Women (n=268)



*These items have been added this year



German women knowledge on vaginal microbiome is not improving.

Question 13. For each of the following statements, tell us if you think it is TRUE or FALSE. If you are unsure about your answer, answer I don't really know.

Base: Women (n=268)

% good answer

	Total	Evolution 2026- 2025	ALL COUNTRIES
Antibiotics can alter the vaginal microbiome	71	-1pt	69
Vaginal dryness/dehydration can be linked to an imbalance of vaginal microbiome *	64	N/A	65
Every woman has a vaginal microbiome that is different from any other woman's	64	+3pts	64
The vagina is self-cleaning	62	=	57
The vaginal microbiome acts as a barrier, protecting us from pathogenic microorganisms	59	+6pts	64
The use of probiotics is helpful in case of bacterial vaginosis, candidiasis, cystitis *	56	N/A	56
From childhood to menopause, a woman's vaginal microbiome remains the same	55	-1pt	56
Smoking has no consequences on the vaginal microbiome	47	-2pts	50
Gut microbiome influences vaginal microbiome	39	+2pts	45
Mode of delivery (vaginally or cesarean section) could have an impact on the newborn's gut microbiome	35	-1pt	37
Oestro-progestative pills could protect the vaginal microbiome	14	-2pts	21

*These items have been added this year

● Significant differences vs total - superior ● Significant differences vs total - inferior



Women with health conditions appears slightly more aware about the vaginal microbiome role and functions.



Question 13. For each of the following statements, tell us if you think it is TRUE or FALSE. If you are unsure about your answer, answer I don't really know.

Base: Women (n=268)



5,8

5,7/11

Number of good responses on average

5,8

Less than 35 yo

6,0

35-44 yo

5,3

45-59 yo

5,6

60 yo and more

6,1

At least one health problem

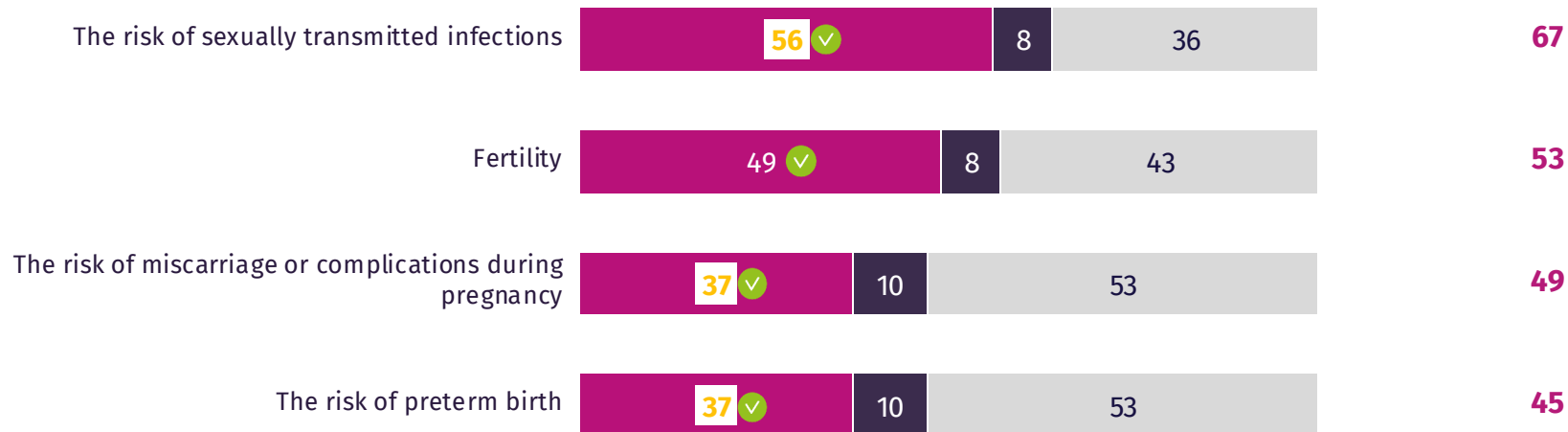
- Significant differences vs total - superior
- Significant differences vs total - inferior



The link between vaginal microbiome and reproductive health is largely underestimated.

NEW
QUESTION

Question 7V4. Do you think that imbalances in the vaginal microbiome can have an impact on:
Base: Women (n=268)



● Yes ● No ● I don't know

✓ Good answer



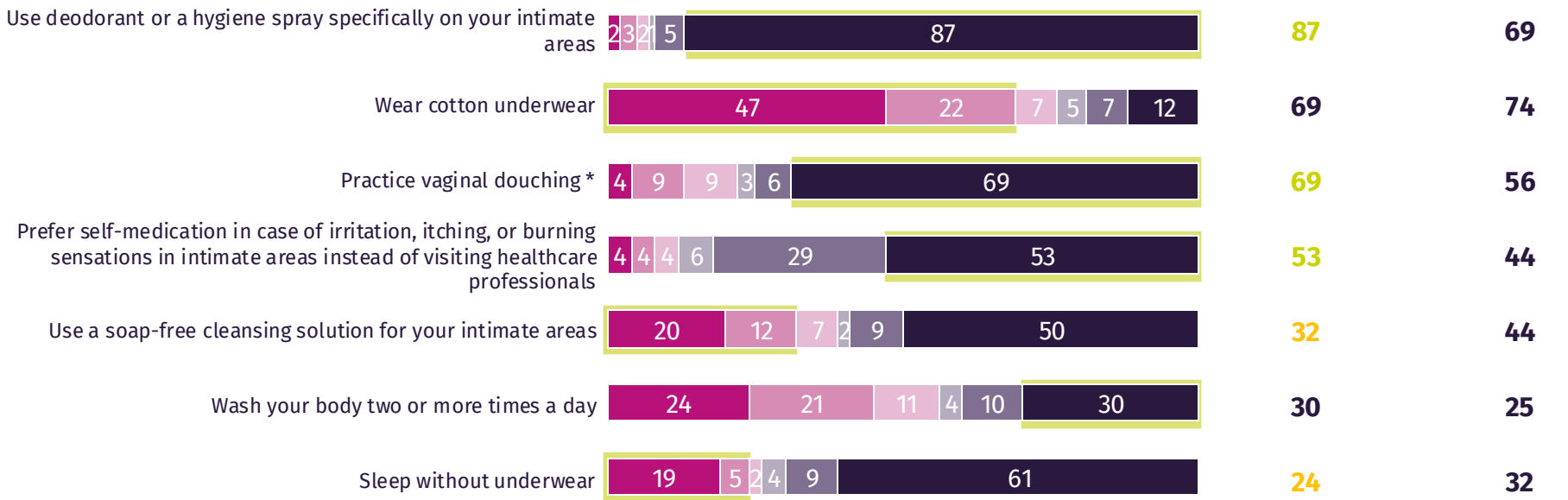
German women lead on several microbiome-friendly intimate hygiene practices; however, two gaps persist: relatively few use soap-free cleansers, and sleeping without underwear is uncommon.

NEW QUESTION

Question 11V4. How often do you include the following in your daily life?

Question 12V4. Regarding your intimate hygiene practices, which of the following behaviors do you perform?

Base: Women



● Daily ● Several times a week ● Weekly ● Monthly ● Less than monthly ● Never

(*)For this item, the following definition was provided: Vaginal douching is washing or cleaning out the inside of the vagina with water or a mixture of fluids to eliminate odors and "clean" the vagina. Please do not confuse the vaginal douching (The vagina is the inside) with vulvar washing (The vulva is the outside).



Very few women have received any information or advice from their HCPs about the vaginal microbiome in Germany.

Question 14. Have healthcare professionals talked to you about the following?*

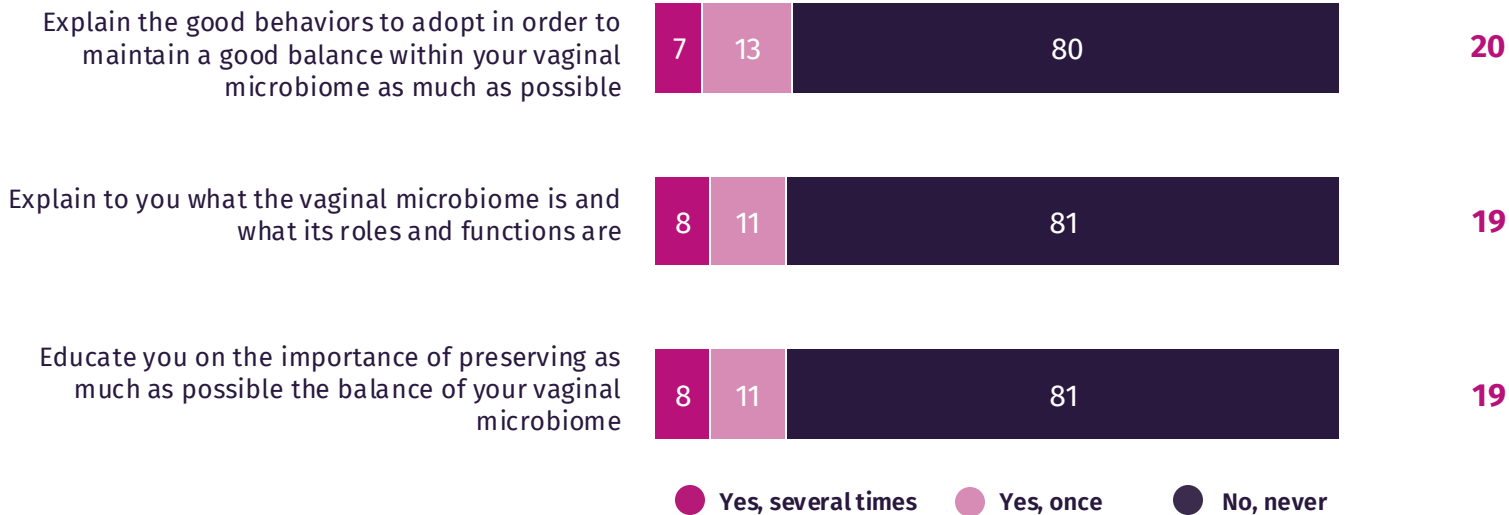
Base: Women (n=268)

15% received **ALL THESE INFORMATION**, at least one time
5% received **all these information several times**



30%
10%

% Yes



● Yes, several times ● Yes, once ● No, never

*The wording of the question was changed compared to last year



No improvement this year in further education from healthcare professionals.



Question 14. Have healthcare professionals talked to you about the following?*

Base: Women (n=268)

% Yes

	Total	Evolution	
		2026-2025	ALL COUNTRIES
% Have received ALL THESE INFORMATION, at least one time	15	-6pts	30
% Received ALL THESE INFORMATION, several times	5	+1pt	10
Explain the good behaviors to adopt in order to maintain a good balance within your vaginal microbiome as much as possible	20	-7pts	40
Explain to you what the vaginal microbiome is and what its roles and functions are	19	-5pts	36
Educate you on the importance of preserving as much as possible the balance of your vaginal microbiome	19	-6pts	40

*The wording of the question was changed compared to last year



Significant differences vs total - superior



Significant differences vs total - inferior



Specific guidance on intimate hygiene from HCPs is markedly less common in Germany

NEW QUESTION

Question 8V4. And more specifically, have healthcare professionals talked to you about the following?
Base: Women (n=268)

10% of women report that healthcare professionals discussed all these topics



25%



% Yes

The influence of hygiene products for intimate toilet on vaginal microbiome



47

Guidance on the appropriate way to clean your intimate areas



47

The influence of other hygiene products (sanitary pads, tampons, menstrual cups...) on vaginal microbiome



42

Information about how sexual intercourse can potentially disrupt the natural balance of the vaginal microbiome



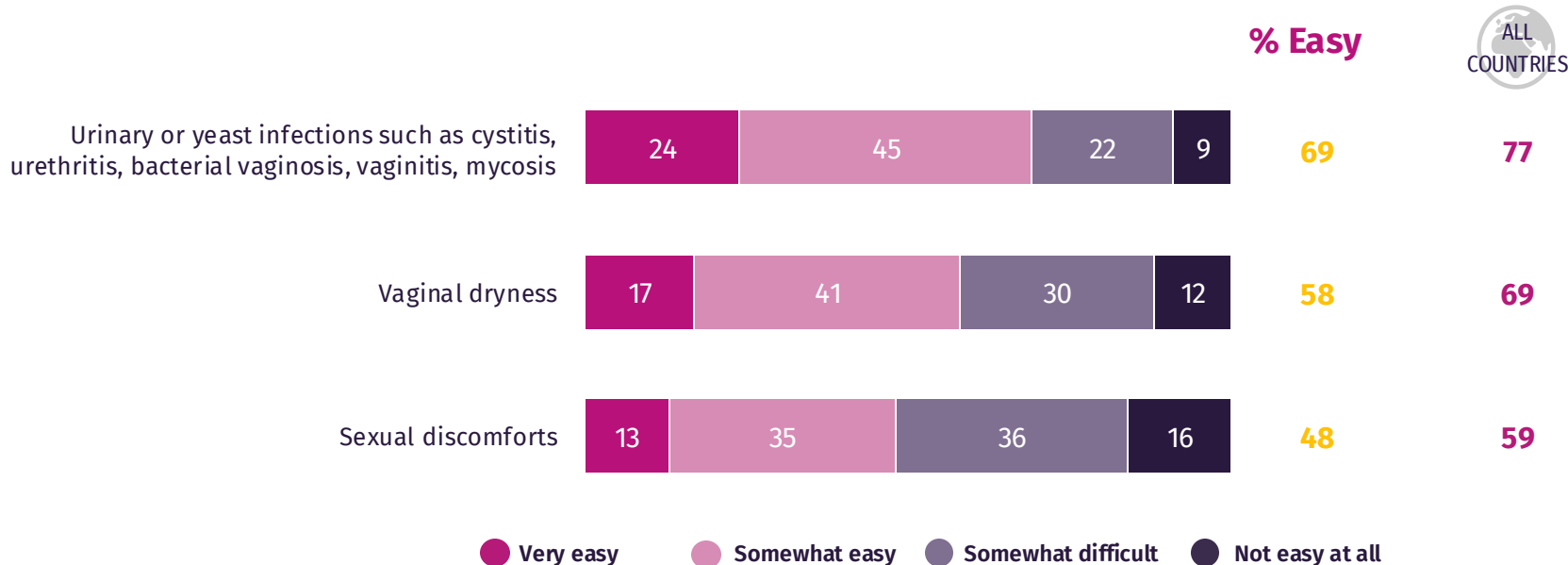
37



Compared with the global average, women in Germany are less comfortable discussing intimate health concerns with healthcare professionals, though a majority still report feeling comfortable doing so.

NEW QUESTION

Question 9V4. How easily do you talk, or would you talk, about the following intimate health concerns with healthcare professionals?
Base: Women (n=268)





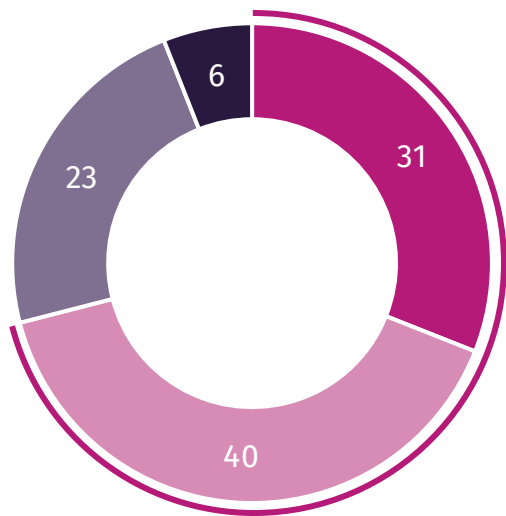
7 in 10 would like to have more information about the importance of the vaginal microbiome and its impact on health.



Question 15. And would you like the healthcare professional monitoring your gynecological health to tell you more about the importance of your vaginal microbiome and its impact on your health?

Base: Women (n=268)

- Yes, absolutely
- Yes, somewhat
- No, not really
- No, not at all

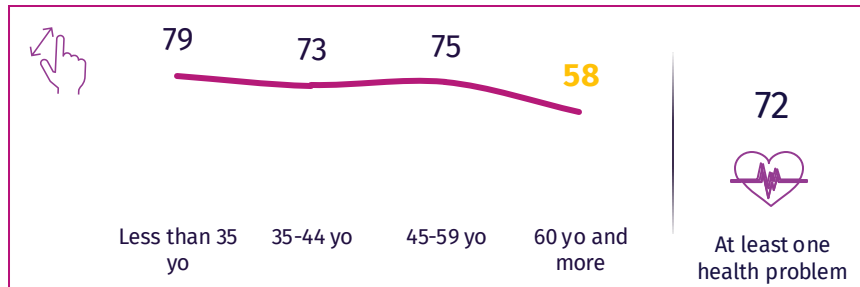


71% would like to have more information about the importance of the vaginal microbiome and its impact on health

2025: 64%



86%



● Significant differences vs total - superior ● Significant differences vs total - inferior

A large, semi-transparent image of a microbiological culture, showing various rod-shaped and branched structures, likely representing different types of bacteria or fungi, set against a light background.

ANNEXES

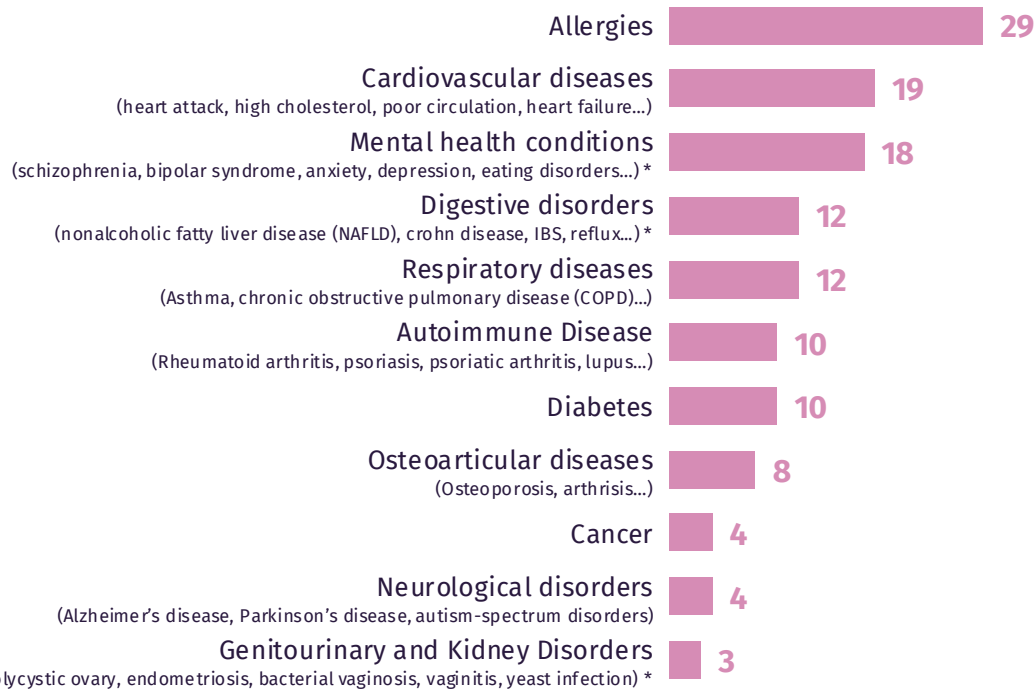


People with current conditions



RS10. Among the following health problems, indicate those you suffer from.

Base: All respondents



*The wording of these items was changed compared to last year

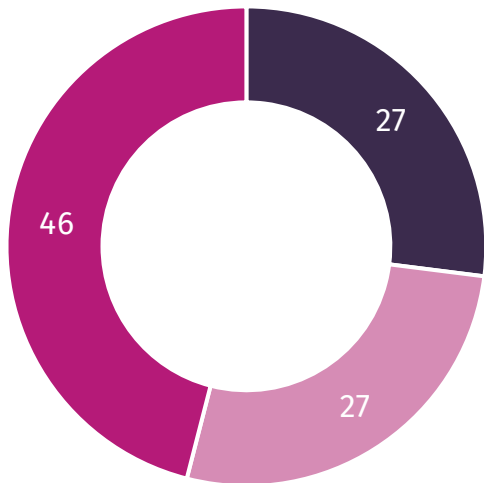


Smoking habits in Germany

NEW
QUESTION

Question 10V4. Do you smoke?

Base: All respondents



- Yes, I currently smoke
- I used to smoke but quit
- No, I've never smoked

27% are currently smoking



ALL
COUNTRIES

23%

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