

Press Release.

Opella launches “The Fatty Liver Constellation” to redefine early MASLD recognition and treatment.

29 May 2026 – Opella launches ‘The Fatty Liver Constellation’, a capability building program designed to empower healthcare professionals to recognize and treat Metabolic dysfunction–Associated Steatotic Liver Disease (MASLD) at an earlier stage.

MASLD is the most prevalent chronic liver disease worldwide, affecting an estimated 30% of the adult population, with projections indicating over 55% of adults worldwide will be affected by MASLD by 2040¹. However, when caught early, eight in ten cases are completely reversible².

For years, medical experts have considered MASLD - commonly known as Fatty Liver Disease - to be asymptomatic, leaving millions of patients worldwide undiagnosed and untreated.

The Fatty Liver Constellation is a new pattern for early recognition of MASLD which connects often missed or misattributed fatty liver symptoms - metabolic risks, imaging / liver enzymes, fatigue, abdominal pain, sleep issues, bloating, depressive symptoms, and anxiety.

This capability building program empowers HCPs to recognize symptoms’ patterns and initiate evidence-based treatment at an earlier stage, where the condition is often reversible.

An immersive experience at EASL Congress 2026.

To bring this to life, Essentiale debuted a groundbreaking, immersive experience at the EASL Congress 2026 in Barcelona. Visitors to the booth stepped into a 360-degree, walk-through “The Fatty Liver Constellation” activation where they experienced a 3D liver mapping showcasing how EPLs (essential phospholipids) regenerate the liver, cell by cell.

Nikunj Thakker, Global Brand General Manager, Opella.

“By spotlighting “The Fatty Liver Constellation” of symptoms, we’re dispelling the misconception that MASLD is a silent, asymptomatic disease. Guided by this new pattern for early risk assessment, healthcare professionals will be able to recognize symptoms and identify a framework for early intervention, and ultimately transform patient outcomes including quality of life.”

Based on strong clinical evidence

The ‘Fatty Liver Constellation’ is underpinned by the robust clinical findings of recent Phase 4 EXCEL study, recently published in [Liver International](#). The landmark trial demonstrated that early intervention with essential phospholipids resulted in a 2.5 times greater reduction in liver fat versus standard of care alone.

Crucially, the study also proved a statistically significant improvement in patient-reported fatigue - one of the primary and most debilitating fatty liver disease symptom.

Following EASL and building on the proven potential to reverse MASLD in eight out of ten cases when caught early, we are expanding “The Fatty Liver Constellation” program in key markets globally, reaching primary care physicians and pharmacists through practical toolkits as part of the initiative to support timely clinical decision-making, and to help redefine the standard of care for MASLD.

¹ Bellentani S., Scaglioni F., Marino M., and Bedogni G., “Epidemiology of Non-Alcoholic Fatty Liver Disease,” *Digestive Diseases* 28, no. 1 (2010): 155–161.

² Eskridge W, et al. *J Clin Med*. 2023;12(19):6;

About Opella.

Opella is the self-care challenger with the purest and third-largest portfolio in the Over-The-Counter (OTC) & Vitamins, Minerals & Supplements (VMS) market globally. Our mission is to bring health in people's hands by making self-care as simple as it should be. For half a billion consumers worldwide – and counting. At the core of this mission is our 100 loved brands, our 11,000-strong global team, our 13 best-in-class manufacturing sites and 4 specialized science and innovation development centers. Headquartered in France, Opella is the proud maker of many of the world's most loved brands, including Allegra, Buscopan, Doliprane, Dulcolax, Enterogermina, Essentiale and Mucosolvan. B Corp certified globally, we are active players in the journey towards healthier people and planet.

Find out more about our mission at www.opella.com.

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