


hermes consilium



portfolio.

clinically
supported
ingredients



INDICATIONS
GUT HEALTH
IRRITABLE BOWEL SYNDROME (IBS)



probiotic yeast for complete intestinal support,
including irritable bowel syndrome (IBS),
produced from a patented strain of
Saccharomyces cerevisiae CNCM I-3856

- **supplier**
Gnosis by Lesaffre
- **product grade**
powder suitable for tablets and capsules
- **daily dose**
500 mg
- **stability**
24 months shelf life
- **certificates**
Halal, Kosher, non-GMO, Vegan, Lactose-free,
Gluten-free

advantages:

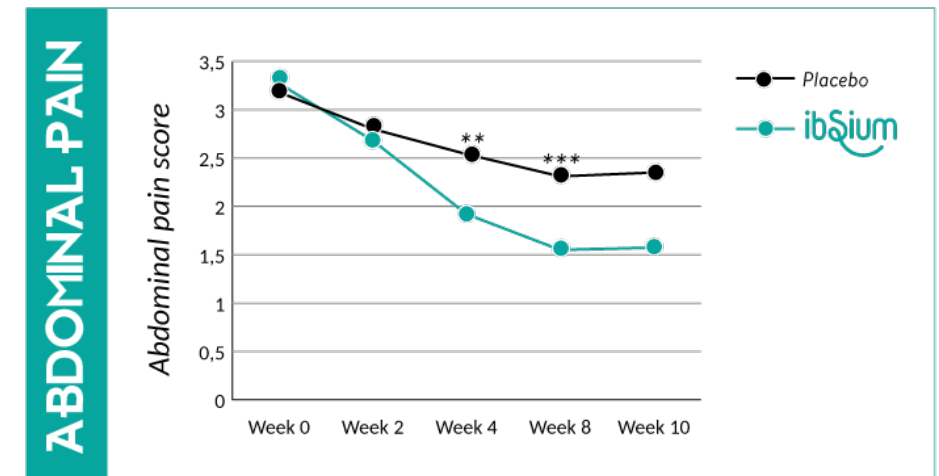
- **proprietary** and patented strain
- **safe** and fast-acting
- **clinically proven** to relieve abdominal pain, bloating and constipation
- **beneficial** in irritable bowel syndrome (IBS)

mechanisms of action:

- **analgesic**
alleviates abdominal pain and discomfort
- **anti-inflammatory**
modulates the intestinal inflammation
- **co-aggregation with intestinal pathogens**
limits the overgrowth of bacteria



EVOLUTION OF ABDOMINAL PAIN SCORE IN GENERAL IBS POPULATION



Statistically significant intergroup differences symbolized by ** (p<0.01) and *** (p<0.001)



Clinical studies:

- Spiller et al., 2015. Randomized double blind placebo-controlled trial of *Saccharomyces cerevisiae* CNCM I-3856 in irritable bowel syndrome: improvement in abdominal pain and bloating in those with predominant constipation
- Chambrun et al., 2015: A randomized clinical trial of *Saccharomyces cerevisiae* versus placebo in the irritable bowel syndrome
- Meta-analysis by Cayzeele-Decherf et al., 2017: *Saccharomyces cerevisiae* CNCM I-3856 in irritable bowel syndrome: An individual subject meta-analysis
- Gayathri et al., 2019: Efficacy of *Saccharomyces cerevisiae* CNCM I-3856 as an add-on therapy for irritable bowel syndrome
- Consumer study: significant improvement of gut discomfort, majority experienced effects within the first 15 days of consumption



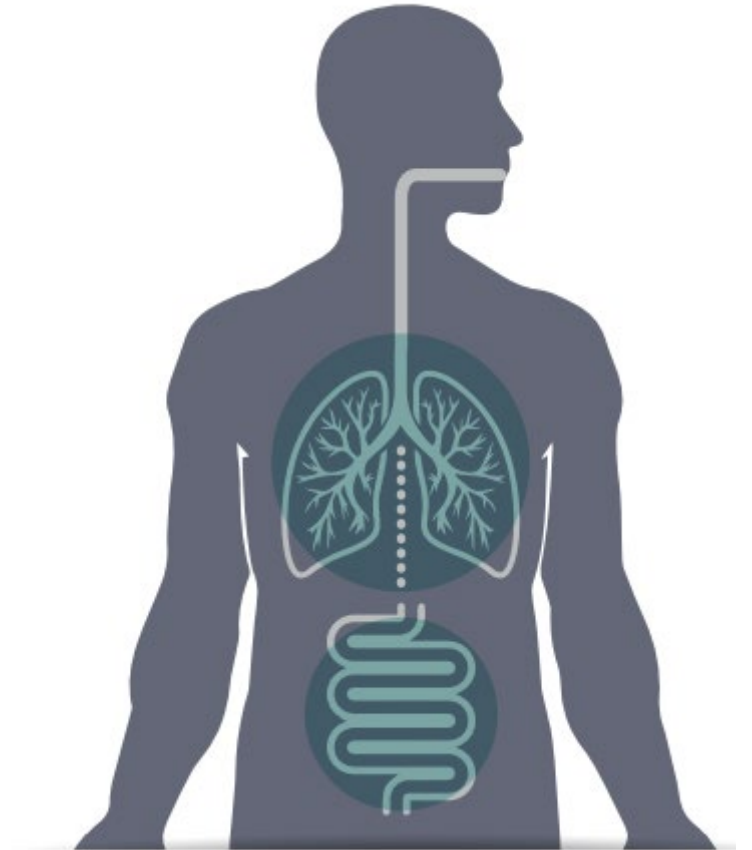
product examples





LifeinU™ L. rhamnosus GG 100 is the best-known probiotic strain of Lactobacillus rhamnosus GG with proven beneficial effects on digestive health

- **supplier**
Gnosis by Lesaffree
- **product grade**
fine powder
- **daily dose**
10-200 mg (1×10^9 - 2×10^{10} CFU/day)
- **stability**
24 months
- **certificates**
Kosher, non-GMO, lactose & gluten free



INDICATIONS

GUT HEALTH
DIARRHEA MANAGEMENT
IMMUNE SUPPORT



advantages:

- ***Lactobacillus rhamnosus* GG** is the most studied probiotic strain worldwide
- **proven beneficial effects** on digestive and immune health
- **safe for the whole family** including infants
- **100% French production**

mechanisms of action:

- **helps restore and maintain a balanced gastrointestinal flora**, protecting the gut from antibiotic-associated diarrhea, and preventing acute diarrhea
- **boosts the body's natural defenses** helping to reduce the occurrence of common colds
- **speeds up recovery time** from common cold

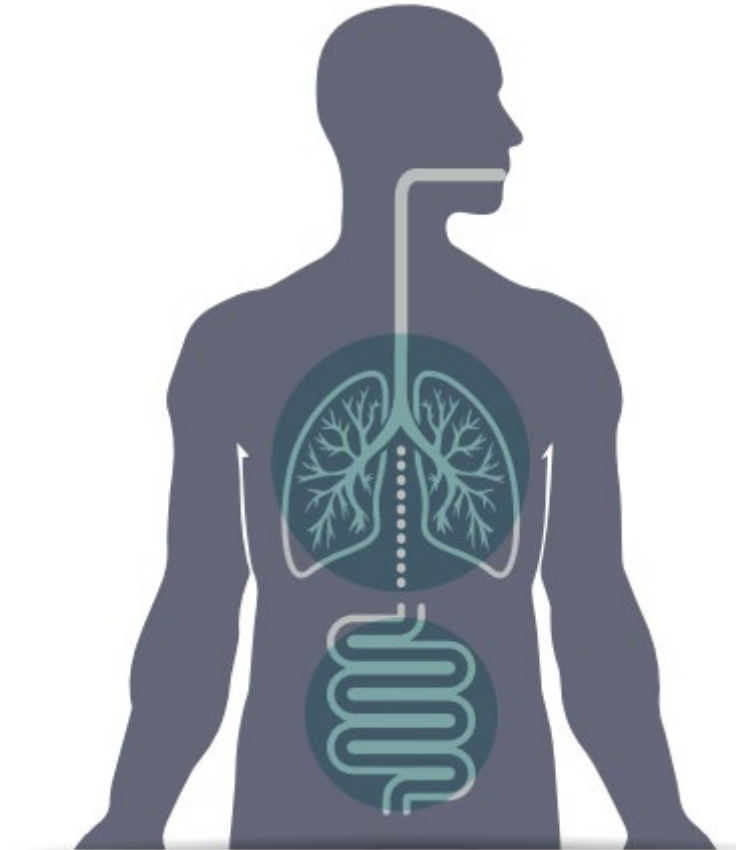


product examples



the most documented probiotic yeast *Saccharomyces cerevisiae* var. *boulardii*, a proprietary strain of Lesaffre, with gut health benefits and diarrhea management

- **supplier**
Gnosis by Lesaffre
- **product grade**
powder which can be used alone or with other ingredients (in capsules or individual sachets as dietary supplements or drug)
- **daily dose**
250 mg (5×10^9 CFU/day)
- **certificates**
Halal, Kosher, non-GMO, lactose & gluten free, suitable for Vegan diet



INDICATIONS

GUT HEALTH
DIARRHEA MANAGEMENT
IMMUNE SUPPORT



advantages:

- **probiotic yeast with strong scientific background**, well-known and recommended by doctors
- **no antibiotic susceptibility, resistant to GI conditions**, grows at body temperature, non-colonizing
- **clinically proven to reduce diarrhea**, promote normal bowel function in adults and children and to help restore a balanced gut microbiota
- **most stable *S. boulardii* on the market**

mechanisms of action:

- **restoring balanced** gut microbiota
- **pathogen binding and eliminating capacity**, neutralization of virulence factors
- **immunomodulatory action**, stimulation of release of sIgA as the first-line defense against pathogens
- **protection of tight junctions** for improved gut barrier function
- **prebiotic effect** by yeast cell wall components

product examples

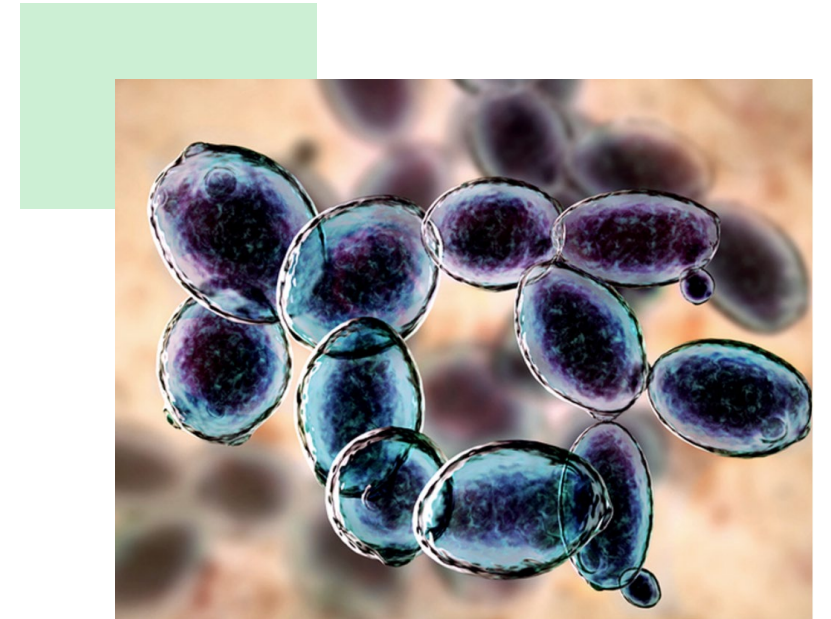


Lynside® Forte

a range of inactive dried yeast (*Saccharomyces cerevisiae*), enriched with vitamins (B complex) or minerals like selenium, zinc, chromium

Lynside® Forte Se+ 2000

- organically bound selenium (Se) – Se is incorporated during fermentation process directly into the yeast to be transformed into its organic form: selenomethionine
- 2-times higher bioavailability than inorganic selenium
- provides 2,000-2,400 µg/g selenium
- **indications: beauty, immunity, thyroid support, anti-aging, fertility, women's health**





Lynside® Forte Zn

- nutritional yeast fortified with zinc (Zn)
- high bioavailability compared to other common zinc sources
- in addition to zinc, this fortified yeast also provides vitamins, proteins, minerals, fibers, β -glucans, and more nutrients that contribute to overall wellness
- provides 100,000-120,000 $\mu\text{g/g}$ zinc
- **indications: immunity, beauty, fertility, eye health, antioxidative support**

Lynside® Forte Cr 2000

- fortified yeast with bioavailable chromium (Cr)
- the product provides nutritional yeast content (high quality proteins, vitamins and minerals, dietary fibres) and 2,000-2,400 $\mu\text{g/g}$ chromium
- **indications: blood sugar management, metabolic support**





natural bioactive derived from *Glycyrrhiza glabra* (licorice), clinically studied for alleviating symptoms of daily gut health issues - upper abdominal fullness, upper abdominal pain, nausea, bloating, belching & regurgitation

- **supplier**
Natural Remedies
- **product grade**
powder suitable for chewables, gummies, beverages and powders
- **daily dose**
150 mg per day
- **stability**
24 months shelf life
- **certificates**
non-GMO Project verified, Kosher, Halal



INDICATIONS
GUT HEALTH
FUNCTIONAL DYSPESIA
H. PYLORI MANAGEMENT

advantages:

- **supported by clinical** and preclinical studies
- **works in stomach and intestine**
- **clinically tested** for alleviating symptoms of occasional indigestion & heartburn and management of *Helicobacter pylori*
- **soft extraction process** to retain flavonoid content
- **neutral taste**, low dose offers formulation flexibility
- **low water activity**, can be combined with probiotics or digestive enzymes
- **differs from regular deglycyrrhized licorice (DGL)**
- **< 0.5% glycyrrhizin** ensures safety

mechanisms of action:

- **prokinetic action** – supports gastric emptying and gastrointestinal motility
- **antioxidant and anti-ulcer activity** – protects gastric mucosa
- **reduces** inflammation
- **decreases** gastric acidity
- **reduces *H. pylori* levels** in the stomach
- **synergistic activity** with probiotics



clinical studies:

- Puram et al., 2013: Effect of GutGard in the management of *Helicobacter pylori*: a randomized double blind placebo controlled study
- Raveendra et al., 2012: An extract of *Glycyrrhiza glabra* (GutGard) alleviates symptoms of functional dyspepsia: a randomized, double-blind, placebo-controlled study

pre-clinical studies:

- Mukherjee et al., 2010: Anti-ulcer and antioxidant activity of GutGard™
- Murugan et al., 2017: Effect of flavonoid rich root extract of *Glycyrrhiza glabra* on gastric emptying and gastrointestinal transit in albino **Wistar Rats** (alleviates symptoms of functional dyspepsia via prokinetic activity – promotes gastric emptying and GI transit)



product examples





natural powder from 100% New Zealand-grown
green kiwifruit (*Actinidia chinensis* var. *delicosa*)
for bowel regularity support

- **supplier**
Anagenix
- **product grade**
powder suitable for capsules, tablets, powder
forms, sachets, bulk powder blends, gummies
- **daily dose**
600 mg
- **stability**
30 months shelf life
- **certificates**
non-GMO project verified, Kosher



INDICATIONS
GUT HEALTH
BOWEL IRREGULARITY
DIGESTIVE DISCOMFORT

advantages:

- **clinically assessed** digestive health ingredient
- **FODMAP-friendly**
- **multiple format applications**
- **small dosage**
- **proprietary processing** retains high levels of key nutrients and bioactives
- **rich in soluble and insoluble fibers**, as well as enzyme actinidin
- **preservative-, sugar-, and gluten-free**
- **clinically supported combination** with Livaux®

mechanisms of action:

- **high fiber content**, promotes regularity, increases the rate of gastric emptying
- **reduces bloating**, gastric discomfort and constipation
- **contains enzyme actinidin** to help with protein digestion
- **prebiotic activity**, supports production of short chain fatty acids (SCFA)



clinical study:

- **Ansell et al., 2015: Kiwifruit-derived supplements increase stool frequency in healthy adults: a randomized, double-blind, placebo-controlled study**
 - While the number of stools increased, their form was not affected – Actazin® did not induce loose stools

pre-clinical studies:

- **Duysburgh et al., 2019: A synbiotic concept containing spore-forming Bacillus strains and a prebiotic fiber blend consistently enhanced metabolic activity by modulation of the gut microbiome in vitro**
 - Fructooligosaccharides (FOS) from kiwifruit in combination with other prebiotics influenced microbial activity and composition in vitro, and enhanced butyrate production
- **internal in vitro study: Prebiotic effects of Actazin in vitro – microbial growth**
 - Actazin® supported the growth of probiotic strains, but not pathogenic bacteria



product examples



patented, award-winning, natural powder from 100% New Zealand-grown gold kiwifruit (*Actinidia chinensis* var. *chinensis*) with prebiotic properties supporting gut microbiome balance

- **supplier**
Anagenix
- **product grade**
powder suitable for capsules, tablets, powders, sachets, bulk powder blends, gummies
- **daily dose**
600 mg
- **stability**
30 months shelf life
- **certificates**
non-GMO Project verified, Kosher, Halal, Vegan



INDICATIONS
GUT HEALTH
PREBIOTIC SUPPORT
MICROBIOME BALANCE
IMMUNE SUPPORT

mechanisms of action:

- **targeted prebiotic action**
- **balances microbiome** by restoring intestinal bacterium called *Faecalibacterium prausnitzii* (F.prau) with numerous benefits for human health.
- **rich in polyphenols and vitamins**
- **supports mucosal immunity in vitro**



advantages:

- **clinically tested ingredient** for digestive health
- **FODMAP-friendly**
- **multiple format applications**
- **small dosage**
- **proprietary processing** retains high levels of key nutrients and bioactives
- **contains polyphenols**, vitamins C, E and folate, some fibers
- **free from preservatives** or added sugars, gluten-free
- **patented**
- **clinically supported combination** with Actazin®

clinical studies:

- Ansell et al., 2015: Kiwifruit-derived supplements increase stool frequency in healthy adults: a randomized, double-blind, placebo-controlled study
 - significant increase in mean daily bowel movements, stool form was not affected
- Blatchford et al., 2017: Consumption of kiwifruit capsules increases *Faecalibacterium prausnitzii* abundance in functionally constipated individuals: a randomised controlled human trial
 - *F.prau* is a beneficial microorganism that accounts for >5 % of the total colonic microbiome and produces butyrate, which is the energy source for intestinal epithelial cells and has anti-inflammatory, immune-balancing and gut barrier-improving effects within the intestine

pre-clinical studies:

- Duysburgh et al., 2019: A synbiotic concept containing spore-forming *Bacillus* strains and a prebiotic fiber blend consistently enhanced metabolic activity by modulation of the gut microbiome in vitro
 - Fructooligosaccharides (FOS) from kiwifruit in combination with other prebiotics influenced microbial activity and composition in vitro, and enhanced butyrate production
- internal study: Effect of Livaux on mucosal immune health efficacy in vitro
 - Livaux® activated $\gamma\delta$ -T cells and increased levels of antimicrobial peptide β -defensin 2
- internal study: Probiotic activity of Livaux in vitro
 - Supports growth of probiotic strains (bifidobacteria and lactobacillus) and butyrate production



product examples





INDICATIONS

IMMUNE SUPPORT

GUT HEALTH

ANTI-INFLAMMATORY SUPPORT



a postbiotic for immune and gut support, from a unique fermentation process using *Saccharomyces cerevisiae* (baker's yeast), rich in nutrients and metabolites.

- **supplier**
Cargill
- **product grade**
powder
- **daily dose**
500 mg
- **stability**
36 months shelf life
- **certificates**
Kosher, Halal, Non-GMO Project verified,
Allergen-free, Gluten-free, Vegan

advantages:

- **highly clinically supported**
7 clinical studies and multiple pre-clinical studies
- **strengthens and balances** the immune system via multiple mechanisms
- **significantly reduces the incidence and duration of symptoms of upper respiratory tract infections (URTI), namely cold and flu**
- **significantly reduces allergy symptoms**
- **acts like “a vitamin for your immune system”,** when taken daily
- **fast action**
works within 2 hours after intake

mechanisms of action:

- **stimulates the release of secretory immunoglobulin A** in mucosal tissues to protect against pathogens
- **activates natural killer (NK) cells**
which recognize and destroy infected cells, within 2 hours after ingestion
- **increases serum antioxidant capacity**
- **anti-inflammatory action**
- **prebiotic action**
increases beneficial gut bacteria and improves gastrointestinal discomfort



clinical studies:

- Moyad et al., 2008: Effects of a modified yeast supplement on cold/flu symptoms
- Jensen et al., 2008: A double-blind placebo-controlled, randomized pilot study: consumption of a high-metabolite immunogen from yeast culture has beneficial effects on erythrocyte health and mucosal immune protection in healthy subjects
- Moyad et al., 2009: Immunogenic yeast-based fermentation product reduces allergic rhinitis-induced nasal congestion: a randomized, double-blind, placebo-controlled trial
- Moyad et al., 2010: Immunogenic yeast-based fermentate for cold/flu-like symptoms in nonvaccinated individuals
- Jensen et al., 2011: Antioxidant bioavailability and rapid immune-modulating effects after consumption of a single acute dose of a high-metabolite yeast immunogen: results of a placebo-controlled double-blinded crossover pilot study fast action
- Jensen et al., 2014: Anti-inflammatory properties of a dried fermentate in vitro and in vivo
- Pinheiro et al., 2017: A yeast fermentate improves gastrointestinal discomfort and constipation by modulation of the gut microbiome: results from a randomized double-blind placebo-controlled pilot trial

+ 8 pre-clinical studies



product examples

