

  
hermes consilium



**portfolio.**

clinically  
supported  
ingredients



**INDICATIONS**  
ENERGY SUPPORT  
COGNITIVE HEALTH  
SPORTS NUTRITION  
STRESS MANAGEMENT

**MAGSHAPE™**  
microcapsules

highly concentrated microencapsulated magnesium source for products effective at restoring and maintaining a healthy level of this mineral in human cells and bones

- **supplier**  
Lipofoods
- **product grade**  
powder suitable for capsules, tablets, chewables and orosoluble powder products
- **daily dose**  
Recommended Daily Allowance (RDA) for magnesium in the European Union is 375 mg
- **stability**  
18 months shelf life
- **certificates**  
Halal, Kosher, Vegetarian, Vegan

## advantages:

- **highly concentrated magnesium (30%)**
- **microencapsulation technology** provides improved flowability and compressibility
- **in vitro results show relaxation effect on the nervous transmission**  
inhibits release of neurotransmitter noradrenaline
- **improves muscular function thanks to relaxation**  
the muscle relaxes more quickly

## mechanisms of action:

### magnesium contributes to:

- **reduction** of tiredness and fatigue
- **electrolyte** balance
- **normal functioning of the nervous system** and psychological function
- **normal muscle function** and normal energy-yielding metabolism
- **maintenance of normal bones and teeth**
- **has a role in the process** of cell division





clinically studied standardized herbal extract  
from *Ocimum tenuiflorum*, developed to support  
stress management and mental well-being

- **supplier**  
Natural Remedies
- **product grade**  
powder suitable for capsules (strong taste)
- **daily dose**  
1200 mg
- **stability**  
24 months shelf life
- **certificates**  
Kosher, Halal, Vegan, non-GMO Project  
verified



**INDICATIONS**  
STRESS MANAGEMENT

### advantages:

- **clinically tested** stress management support
- **effective in reducing forgetfulness,** exhaustion and sleep problems
- **sustainably cultivated,** strong supply chain

### mechanisms of action:

- **inhibits the release** of stress hormone cortisol
- **acts on receptors** and enzymes involved in anxiety and stress pathways



### clinical study:

- Saxena et al., 2012: Efficacy of an extract of *Ocimum tenuiflorum* (OciBest) in the management of general stress: a double-blind, placebo-controlled study (alleviates stress symptoms like forgetfulness, exhaustion, sleep problems)

### pre-clinical studies:

- Kumar et al., 2007: Effect of *Ocimum sanctum* (Linn) extract on restraint stress induced behavioral deficits in male Wistar rats (memory-enhancing effects)
- Chandrasekaran et al., 2013: Evaluation of the mutagenic potential and acute oral toxicity of standardized extract of *Ocimum sanctum* (OciBest™)
- Raina et al., 2015: Evaluation of subacute toxicity of methanolic/aqueous preparation of aerial parts of *O. sanctum* in Wistar rats: Clinical, haematological, biochemical and histopathological studies
- Richard et al., 2016: Anti-stress activity of *Ocimum sanctum*: Possible effects on hypothalamic–pituitary–adrenal axis





# product examples





milk protein hydrolysate containing a bioactive decapeptide alpha-casozepine with relaxing properties, effective in situations of psychological stress

- **supplier**  
Ingredia Nutritional
- **product grade**  
powder suitable for capsules, tablets, sachets, chewing gums and beverages
- **daily dose**  
150-600 mg
- **stability**  
48 months shelf life
- **certificates**  
Halal, Kosher



**INDICATIONS**  
SLEEP SUPPORT  
STRESS MANAGEMENT



## advantages:

- **natural, safe food grade ingredient** from milk
- **unique ingredient for stress, anxiety and sleep support**
- **no habituation, addiction or sedation**  
compared to typical ingredients for this indication
- **no toxic effect** on the body even at high doses
- **one of the most clinically supported ingredients**  
> 10 clinical studies
- **improves stress-related symptoms** and sleep disturbances
- **effective in situations** of psychological stress
- **suitable for long-term use**

## mechanisms of action:

- **due to structural similarities** it binds to the benzodiazepine binding site of central GABAA receptors
- **anxiolytic properties – lowers anxiety**
- **reduces “stress hormone” cortisol release**, manages blood pressure
- **improves sleep efficiency**



## clinical studies:

- Messaoudi et al., 2005: Effects of a tryptic hydrolysate from bovine milk  $\alpha$ S1-casein on hemodynamic responses in healthy human volunteers facing successive mental and physical stress situations
  - Kim et al., 2007: Efficacy of  $\alpha$ S1-casein hydrolysate on stress-related symptoms in women
  - Saint-Hilaire et al., 2009: Effects of a bovine alpha S1-casein tryptic hydrolysate (CTH) on sleep disorder in japanese general population
  - Boutrou et al., 2013: Sequential release of milk protein-derived bioactive peptides in the jejunum in healthy humans
  - Jacquet et al., 2014: Burnout: Evaluation of the efficacy and tolerability of TARGET 1 for professional fatigue syndrome (burnout) (finished product)
  - Phing et al., 2019: Effects of alpha-S1-casein tryptic hydrolysate and L-theanine on sleep disorder and psychological components: a randomized, double-blind, placebo-controlled study (combination product)
  - Kim et al., 2019: A double-blind, randomized, placebo-controlled crossover clinical study of the effects of alpha-s1 casein hydrolysate on sleep disturbance
  - Thiagarajah et al., 2022: Effect of alpha-S1-casein tryptic hydrolysate and L-theanine on poor sleep quality: a double blind, randomized placebo-controlled crossover trial (combination product)
- + 9 pre-clinical studies



# product examples



## sardine protein hydrolysate with anxiolytic-like effects for stress management

- **supplier**  
Abyss Ingredients
- **product grade**  
powder dry or liquid suitable for powder forms, sticks, tablets, capsules, softgels, (need to be shaken)
- **daily dose**  
1000-1400 mg
- **stability**  
24 months shelf life
- **certificates**  
Halal



### advantages:

- **high digestibility** and bioavailability of peptides
- **produced by environmentally friendly process** of water extraction using a natural enzyme
- **scientifically supported** effects

### mechanisms of action:

- **diazepam-like action** but without adverse effects
- **reduction** of stress hormone secretion
- **modulation** of stress-responsive gene expression



### clinical study:

- 2022: Novel clinical trial results: Peptidyss®, the anti-stress solution for a better sleep

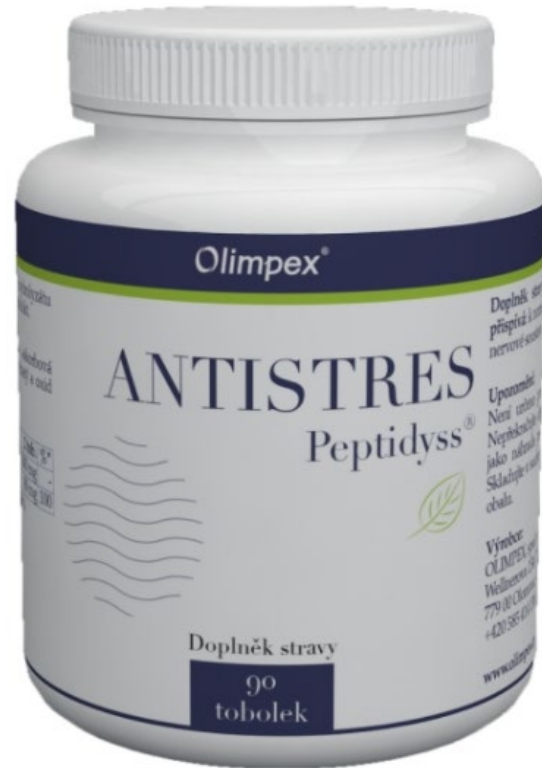
### pre-clinical studies:

- Bernet et al., 2000: Diazepam-like effects of a fish protein hydrolysate (Gabolysat PC60) on stress responsiveness of the rat pituitary-adrenal system and sympathoadrenal activity
- Dinel et al., 2021: Supplementation with low molecular weight peptides from fish protein hydrolysate reduces acute mild stress-induced corticosterone secretion and modulates stress responsive gene expression in mice
- internal study: anxiolytic-like effects of the HVS hydrolysate, orally administered at the doses of 300, 600 and 1200 mg/kg, in the conditioned defensive burying model in the male wistar rat





# product examples



## Ocimum tenuiflorum (Holy Basil/Tulsi) Commonly used in Ayurveda

- **supplier**  
Natural Remedies
- **product grade**  
powder form suitable for tablet, capsules, shots, gummies, sachets
- **daily dose**  
250 mg
- **certificate**  
self-affirmed GRAS, Halal, Kosher



**INDICATIONS**  
SLEEP SUPPORT  
STRESS MANAGEMENT

### mechanisms of action:

- **antioxidant and anti-inflammatory properties**
- **activating AMPK** regulates glucose (energy) uptake
- **activating SIRT** regulates stressors associated with longevity and healthy aging
- **vasoactive action** increases blood flow, delivering more oxygen and nutrients

### benefits:

- **bone health** - support bone mineralization and formation, improves lumbar spine bone mineral density
- **cognitive function** - improves cognitive performance by improving executive function and working memory capacity
- **cardiovascular health** - supports blood circulation (blood flow velocity) and healthy blood pressure
- **blood glucose support** - supports healthy blood glucose levels, improves insulin sensitivity

### advantages:

- produced using an innovative yeast fermentation
- >98% pure *trans*-resveratrol
- clinically supported
- free of contaminants (e.g., pesticides, emodin, PAHs, etc.)
- large cGMP production capacity





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