



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





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 α S1-casein on hemodynamic responses in healthy human volunteers facing successive mental and physical stress situations
 - Kim et al., 2007: Efficacy of α 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:

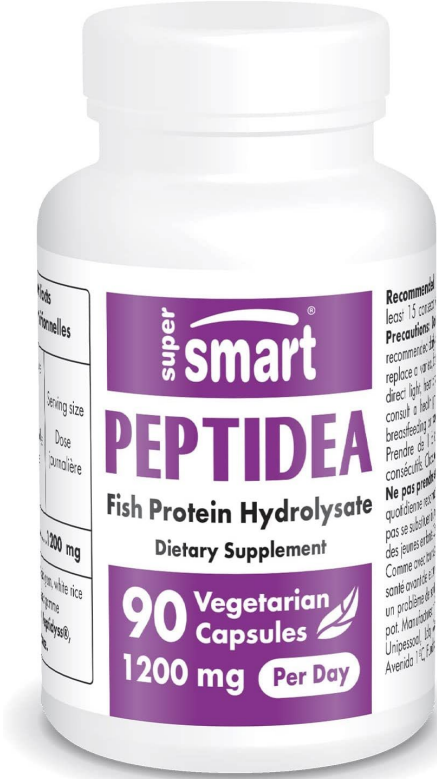
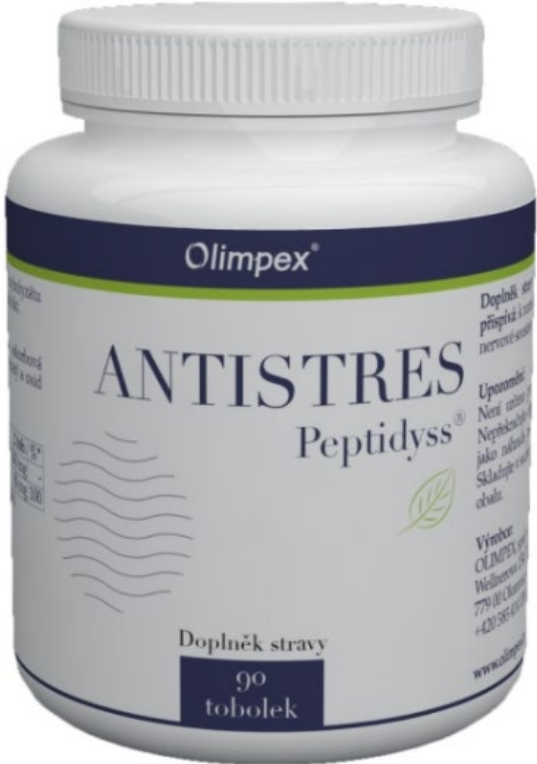
- 2022: Novel clinical trial results: Peptidyss®, the anti-stress solution for a better sleep

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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