


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

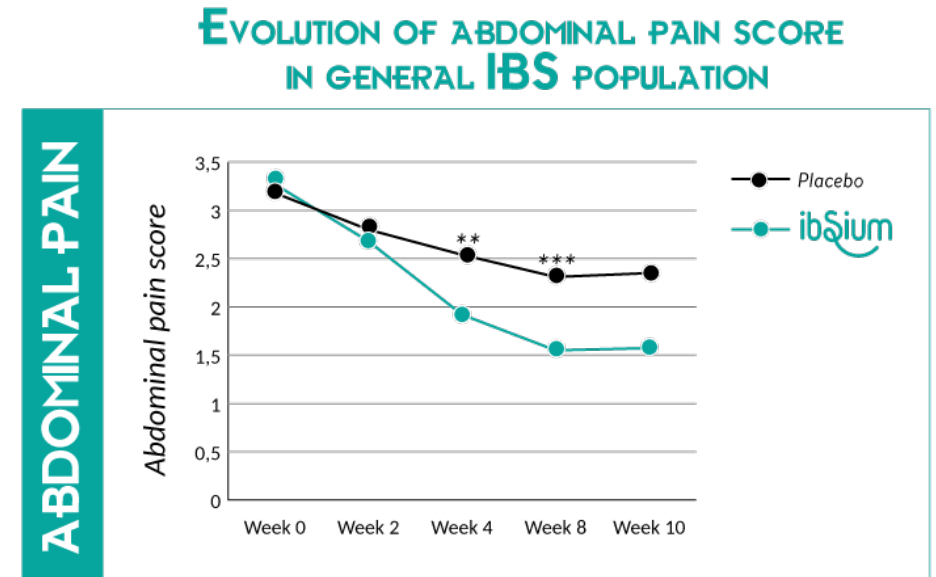
- **supplier**
Gnosis by Lesaffre
- **product grade**
powder suitable for tablets and capsules
- **daily dose**
500 mg
- **stability**
24 months shelf life
- **certificates**
Halal, Kosher, non-GMO, Vegan, Lactose-free,
Gluten-free

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



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™ *Bacillus subtilis* CU1 is a highly stable patented strain for probiotic immune system support

- **supplier**
Gnosis by Lesaffre
- **product grade**
fine powder suitable for several matrices as functional foods or food supplements
- **daily dose**
20 mg/day (2×10^9 CFU/day)
- **stability**
24 months at 40°C - 75%RH
- **certificates**
Halal, Kosher, non-GMO, lactose & gluten-free



INDICATIONS
IMMUNE SUPPORT
GUT HEALTH



advantages:

- **safe and natural solution** to protect from common respiratory and gastrointestinal infections
- **highly stable** probiotic
- **can be used alone or in combination** with other ingredients in dietary supplements

mechanisms of action:

- **supports mucosal immune responses** by increasing immunoglobulin sIgA levels in the intestine and saliva
- **sIgA are the most abundant antibodies of the immune system** and represent the first line defense against pathogens
- **LifeinU™ BSCU1 showed 45% reduction** in the frequency of upper respiratory tract infections





clinical studies:

- Lefevre et al., 2015: Probiotic strain *Bacillus subtilis* CU1 stimulates immune system of elderly during common infectious disease period: a randomized, double-blind placebo-controlled study
- Lefevre et al., 2017: Safety assessment of *Bacillus subtilis* CU1 for use as a probiotic in humans

pre-clinical study:

- Urdaci et al., 2018: Antidiarrheal action of *Bacillus subtilis* CU1 CNCM I-2745 and *Lactobacillus plantarum* CNCM I-4547 in mice



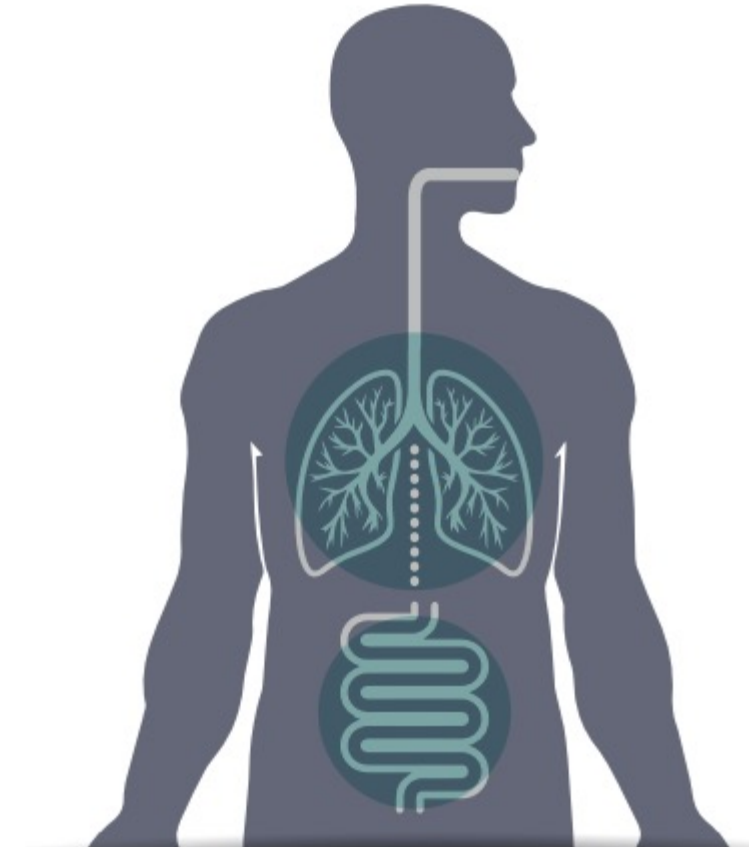
product examples





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:

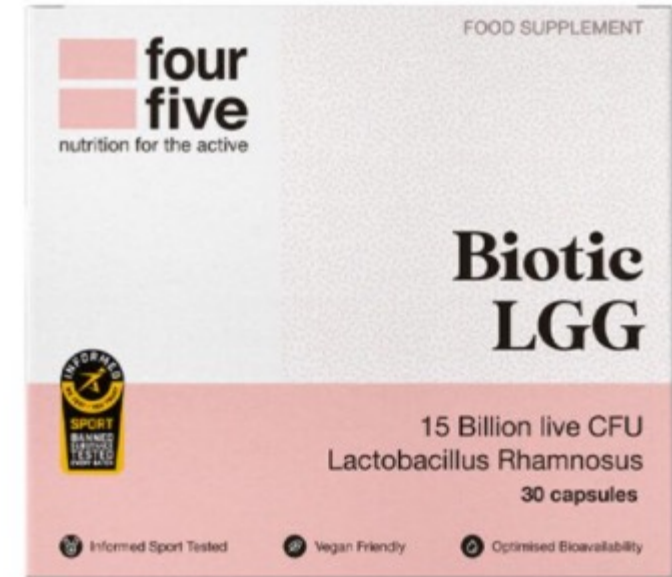
- ***Lactobacillus rhamnosus* GG** is the most studied probiotic strain worldwide
- **proven beneficial effects** on digestive and immune health
- **safe for the whole family** including infants
- **100% French production**

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**

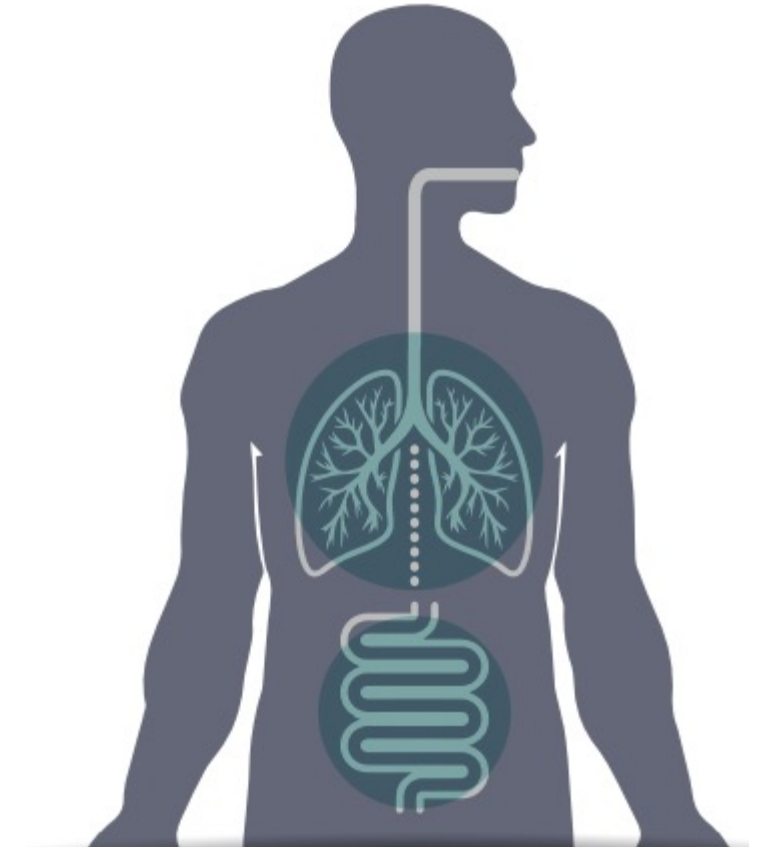
powder which can be used alone or with other ingredients (in capsules or individual sachets as dietary supplements or drug)

- **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

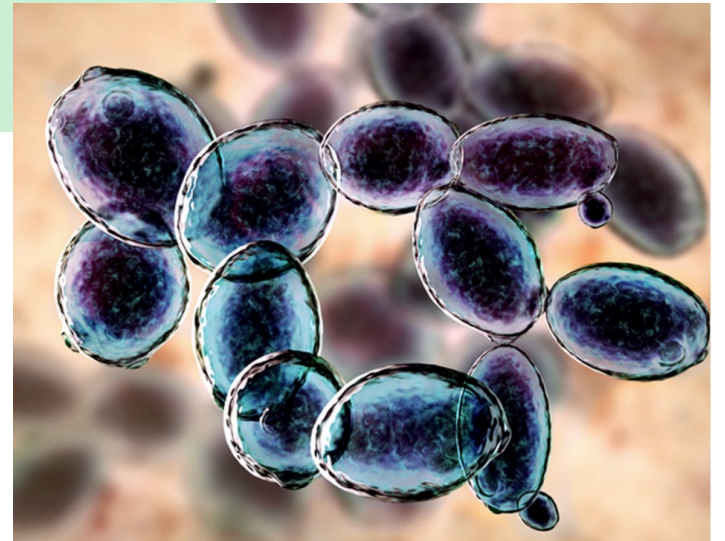


Lynside® Forte

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



Article

Evaluation of the mutagenic potential and acute oral toxicity of standardized extract of *Ocimum sanctum* (OciBest™)

C.V. Chandrasekaran, H.S. Srikanth, M.S. Anand, J. Joshua Allan, M. M. Hipolith Viji and A. Amit

Abstract

Ocimum sanctum L. (Lamiaceae) is found throughout India and in many parts of world. *O. sanctum* is used for the treatment of various health indications. In this lieu, it is of prime importance to investigate the safety aspects of the plant. Hence, the present study was conducted to investigate the possible genotoxic potential and acute oral toxicity of the extract of *O. sanctum* (OciBest™). The standard battery of in vitro genotoxicity tests, namely bacterial reverse mutation, chromosome aberration and micronucleus (MN) tests were employed to assess the possible mutagenic activity. The results showed that OciBest™ (7.9–2500.0 µg/mL) did not increase the number of histidine revertant colonies in *Salmonella typhimurium* strains (TA98 and TAMix) with and without exogenous metabolic activation (S9). OciBest™ (10.0–100.0 µg/mL) did not show structural chromosomal aberrations or increase in MN induction, with and without S9, at the tested dose range in both 4-h and 18-h exposure cell cultures. Thus, OciBest™ is not genotoxic in bacterial reverse mutation, chromosomal aberration and MN tests. In an acute oral toxicity test, rats were treated with 5 g/kg of OciBest™ and observed for signs of toxicity for 14 days and the results did not show any treatment-related toxic effects to Wistar rats.

Keywords

Ocimum sanctum; OciBest™; bacterial reverse mutation test; chromosomal aberrations; micronucleus; acute oral toxicity

Introduction

The use of natural products as medicinal agents presumably predates the earliest recorded history. *Ocimum* is a genus of about 35 species of aromatic annual and perennial herbs and shrubs in the family Lamiaceae. One among them is *Ocimum sanctum* (synonym – *Ocimum tenuiflorum*), commonly called as Holy Basil or Tulsi, is a small herb found throughout India from Andaman and Nicobar islands to the Himalayas up to 1800 m above the sea level.¹ It is renowned for its religious and spiritual sanctity as well as for its important role in the traditional *ayurveda* and *unani* systems of holistic health and herbal medicine of the East.² Different parts of *O. sanctum* (leaves, flowers, stem, root and seeds) are known to possess therapeutic potentials³ and have been used in indigenous *ayurveda* medicine⁴ to cure wide array of diseases since time immemorial. One among the

popular, well-supported traditional remedy for alleviating stress symptoms is *O. sanctum*. Chanaka samhita, an *ayurvedic* text, mentioned that *O. sanctum* is considered to be an adaptogen, balancing different processes in the body and helpful for adapting to stress.⁵ *O. sanctum* is known to possess anticarcinogenic,⁶ antistress,⁷ wound healing,⁸ antioxidant,⁹ anti-inflammatory,¹⁰ antibacterial,¹¹ antidiabetic,¹² neuroprotective,¹³ antifertility¹⁴ and radioprotective¹⁵ properties.

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branded, high potency extract of ginger for digestion and immunity support

- **supplier**
OmniActive
- **product grade**
powder or paste most suitable for capsules,
softgels, etc. (very strong taste)
- **daily dose**
20- 250 mg (depends on the product grade
and indication)
- **stability**
24 months shelf life
- **certificates**
Vegetarian, Vegan, Kosher, Halal



INDICATIONS
ANTI-INFLAMMATORY SUPPORT
GUT HEALTH, DIGESTION
IMMUNE SUPPORT
JOINT HEALTH



advantages:

- **high potency ginger extract in a small dose**
clinically relevant dose of key bioactives in one small pill compared to 1,000 mg of ginger root powder
- **solvent free extraction**
- **UltraSOL™ platform** provides application versatility
- **batch-to-batch consistency**

mechanisms of action:

- **foundational immune support**
neutralizes free radicals, modulates inflammation, and limits microbial growth
- **antioxidant and anti-inflammatory action**
- **ginger helps soothe upset stomach,** motion sickness and nausea
- **supports proper gastrointestinal function**



product examples





milk-derived protein, recognized for its role in immunity, digestive health and iron metabolism, suitable for all age groups

- **supplier**
Ingredia Nutritional
- **product grade**
powder perfectly adapted to both dietary supplements (tablets, capsules, softgels, gummies) and functional foods (bars, dairies, beverages)
- **daily dose**
250-1000 mg
- **stability**
24 months of shelf life
- **certificates**
Halal



INDICATIONS

IMMUNE SUPPORT
GUT HEALTH
ANTI-INFLAMMATORY SUPPORT
ANTI- OXIDATIVE SUPPORT

advantages:

- **natural ingredient**, found also in human secretions like saliva, tears and breast milk
- **suitable for the most sensitive target groups** such as infants with few other available options for immune and gut support
- **the highest purity on the market (>95%)**
- **native lactoferrin** as found in fresh cow's milk
- **gentle processing to preserve structure** and biological activity
- **high bioactivity**, with iron binding ability
- **scientifically supported**

mechanisms of action:

- **in vitro immuno-stimulatory effect**
stimulates lymphocytes (immune cells) proliferation to improve adaptive immune response
- **in vitro anti-inflammatory effect**
significantly reduces the release of a pro-inflammatory marker TNFalpha
- **in vitro action against viral infection**
inhibition of virus entry into the cell and replication
- **high bioactivity**, with iron binding ability
- **reduces** pathogenic bacterial colonies



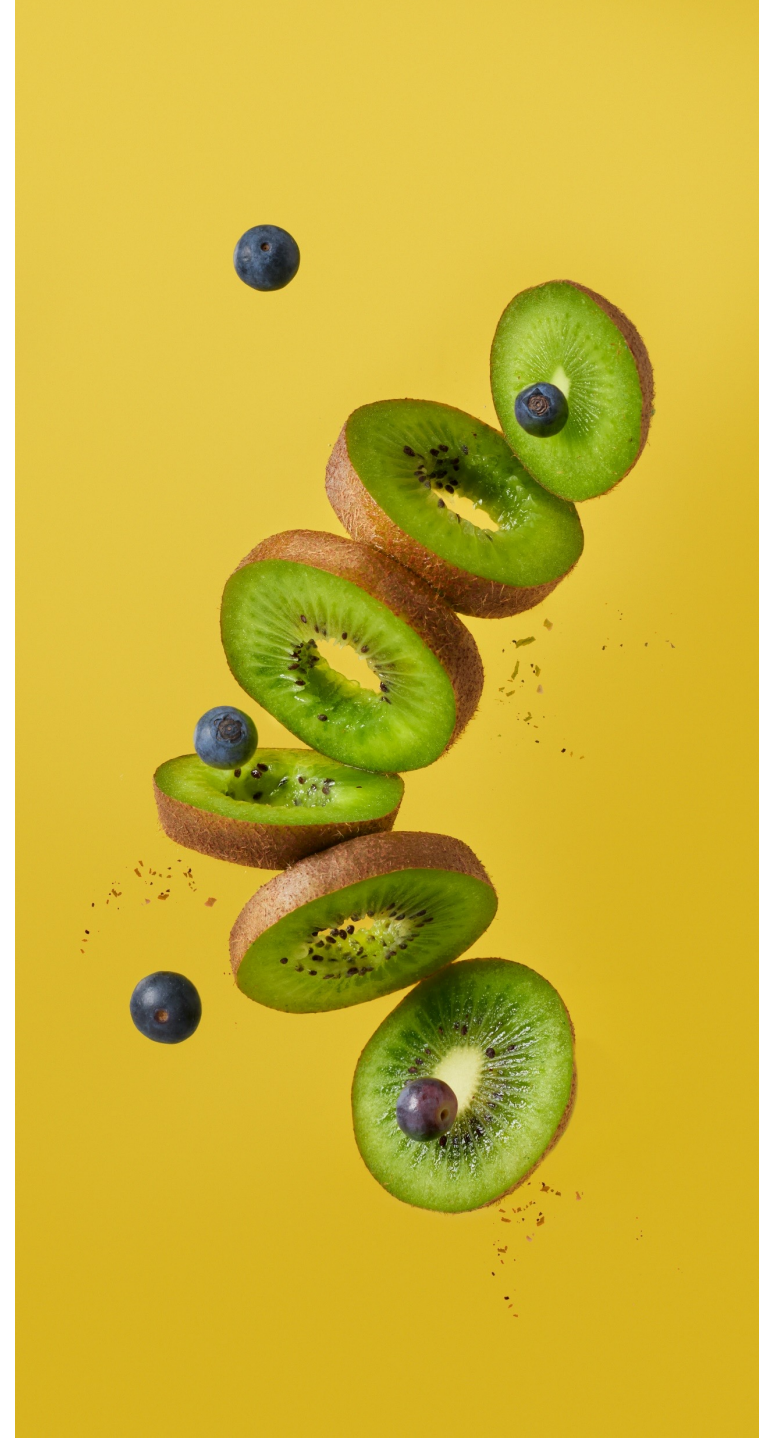
product examples





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





hermes consilium

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