



hermes consilium



portfolio.

clinically
supported
ingredients

**INDICATIONS**

PRENATAL HEALTH
FERTILITY
CARDIOVASCULAR HEALTH
MOOD & COGNITIVE HEALTH



next generation folate source - glucosamine salt of 6S-5-methyltetrahydrofolate (6S-5-MTHF) is an active folate the body can immediately use without conversion, avoiding the accumulation of unmetabolized folic acid (UMFA)- 54% assay

- **product grade**
powder (capsules, sticks and fine powder form)
- **daily dose**
370mcg Quatrefolic for 200 mcg (100 % RDA) of folate
for pregnant women 400 mcg folate (741mcg Quatrefolic)
- **stability**
24 months when stored below 25°C
- **certificates**
Kosher, Halal, Vegetarian, Vegan, approved Novel Food status in EU
- Authorized novel food in the EU

advantages:

- **100 times improved solubility** due to glucosamine salt as a carrier
- **higher bioavailability**
- **biologically active form**
can enter the folate cycle directly without prior metabolism
- **does not result in unmetabolized folic acid (umfa) which the body cannot use**
- **suitable for people with polymorphisms in MTHFR gene**
up to 50% of the population in some countries
- **highly clinically supported**
tested in couples with fertility problems

awards:

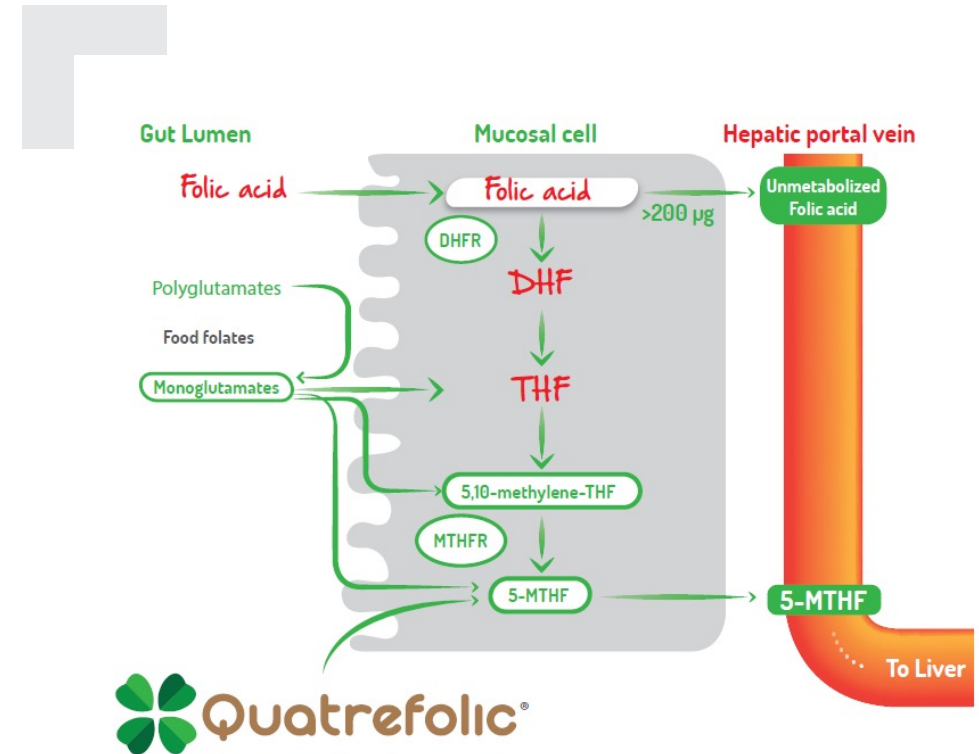
- **“Most Effective Strategic Product Development”** at Nutraceutical Business & Technology (NBT) Awards 2011 Finalist
- **“Best New Ingredient”** NaturAward 2012 Finalist
- **Finished product of the Year** in the Medical Food category - NutraIngredients Awards 2016 Winner



mechanisms of action:

Folate is involved in many processes in the body:

- **maternal tissue growth** during pregnancy
- **normal homocysteine metabolism**
- **normal psychological function**, amino acid synthesis and blood formation
- **normal function** of the immune system
- **reduction** of tiredness and fatigue
- **has a role** in the process of cell division



Quatrefolic® passes the gastric barrier and is absorbed mainly in the small intestine by a carrier mediated mechanism. The carrier is not saturated and this enables Quatrefolic® to ensure a higher folate uptake (3,4).

Clinical studies:

- **Miraglia et al., 2016: Enhanced oral bioavailability of a novel folate salt: comparison with folic acid and a calcium folate salt in a pharmacokinetic study in rats:** *Quatrefolic® showed higher bioavailability vs. folic acid and calcium salt in animal PK study .*
- **Internal clinical study: Crossover comparative bioavailability study of Quatrefolic® compared with the reference Metafolin® in healthy volunteers:** *Quatrefolic® demonstrated ~10% higher bioavailability vs. Metafolin® in humans.*
- **Mazza et al., 2016:. Nutraceutical approaches to homocysteine lowering in hypertensive subjects at low cardiovascular risk: a multicenter, randomized clinical trial** (study on finished product): *Quatrefolic® supplementation significantly lowered homocysteine in hypertensive patients.*
- **Servy et al., 2018: MTHFR isoform carriers. 5-MTHF (5-methyl tetrahydrofolate) vs folic acid: a key to pregnancy outcome: a case series** (study in couples with fertility problems): *5-MTHF improved pregnancy outcomes in MTHFR carriers compared to folic acid.*
- **Clément et al., 2020: 5-Methyltetrahydrofolate reduces blood homocysteine level significantly in C677T methyltetrahydrofolate reductase single-nucleotide polymorphism carriers consulting for infertility** (couples with fertility problems): *5-MTHF lowered homocysteine and improved fertility markers in SNP carriers.*
- **Cirillo et al., 2021: 5-methyltetrahydrofolate and vitamin B12 supplementation is associated with clinical pregnancy and live birth in women undergoing assisted reproductive technology:** *5-MTHF + B12 improved clinical pregnancy and live birth rates vs. folic acid.*

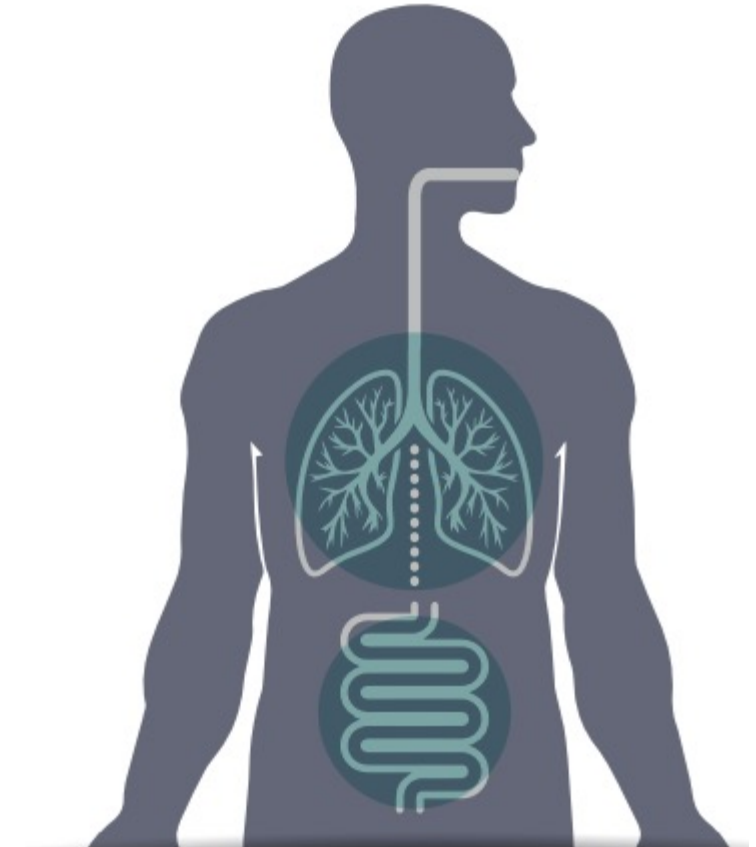


product examples



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



clinical studies:

- **Mourey et al., 2020:** *A Multicenter, Randomized, Double-Blind, Placebo-Controlled Trial of Saccharomyces boulardii CNCM I-3799 in Infants and Children With Acute Diarrhea.*
- **Ghosh et al., 2021:** *Effect of Saccharomyces boulardii CNCM-I 3799 and Bacillus subtilis CU-1 on Acute Watery Diarrhea: A Randomized Double-Blind Placebo-Controlled Study in Indian Children.*
- **McFarland, 2010:** *Systematic Review and Meta-Analysis of Saccharomyces boulardii in Adult Patients.*



product examples

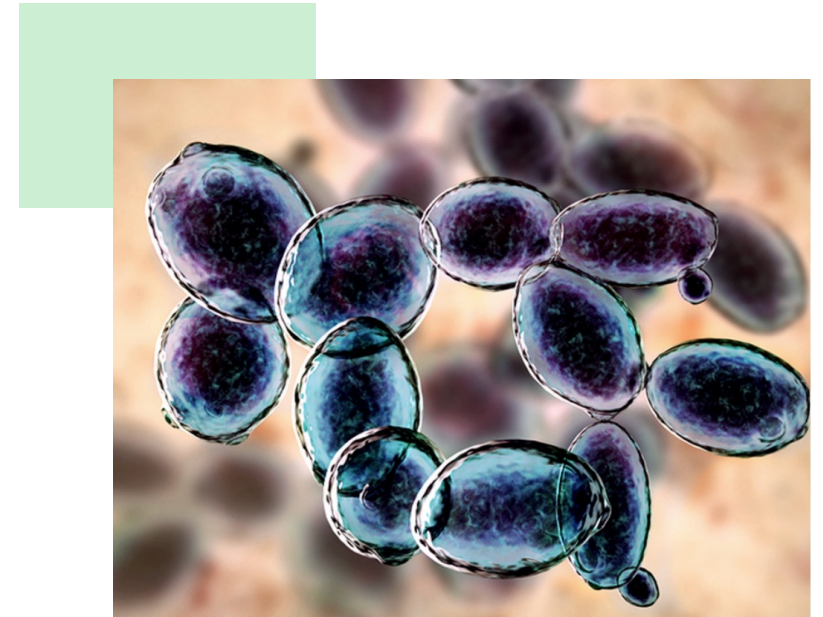


Lynside® Forte

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

Lynside® Forte Se+ 2000

- provides **2,000-2,400 µg/g of selenium**
- 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
- better safety profile
- **indications: beauty, immunity, thyroid support, anti-aging, fertility, women's health**





Lynside® Forte Zn

- nutritional yeast fortified with zinc (Zn)
- provides **100,000-120,000 µg/g of zinc**
- 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
- **indications: immunity, beauty, fertility, eye health, antioxidative support**

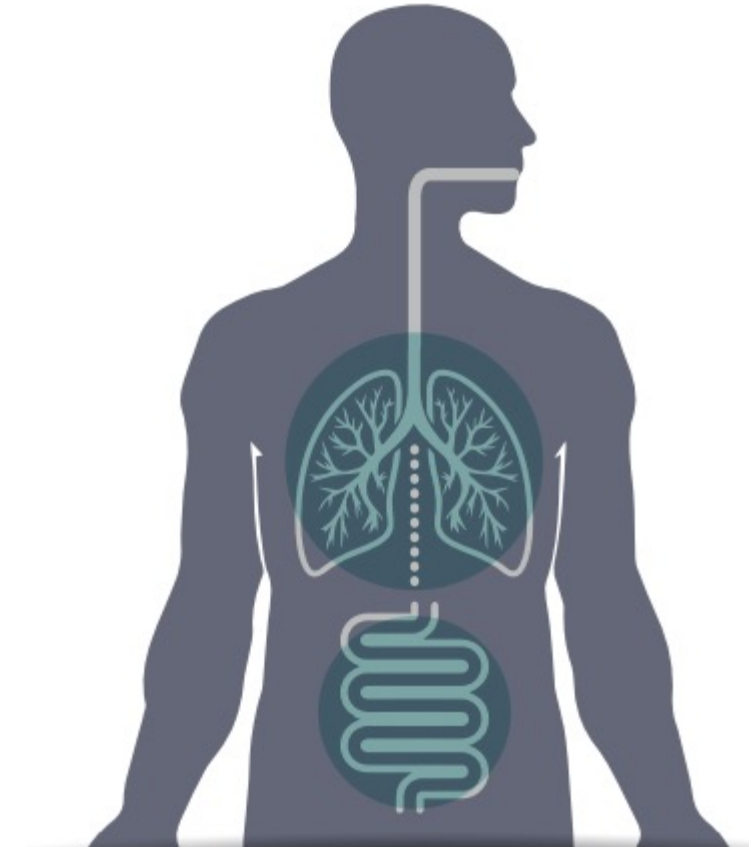
Lynside® Forte Cr 2000

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



LifeinU™ *L. rhamnosus* GG 350 contains the best-known probiotic strain of *Lactobacillus rhamnosus* (LGG) with proven beneficial effects on digestive health

- **supplier**
Gnosis by Lesaffre
- **product grade**
fine powder
- **daily dose**
10-200 mg (1×10^9 - 2×10^{10} CFU/day)
from 3 years old on
- **stability**
24 months
- **certificates**
Halal, Kosher, non-GMO, vegan, 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





INDICATIONS

PRENATAL HEALTH
FERTILITY
CARDIOVASCULAR HEALTH
MOOD & COGNITIVE HEALTH

crystalline form of calcium (6S)-5-methyltetrahydrofolate (6S-5-MTHF) offering stable crystalline material with higher purity and strong stability (assay (HPLC) on dried basis, as calcium salt: 95.0 - 102.0 %)

- **product grade**

powder (tablets and capsules, chewable, hard capsules, soft gel)

- **daily dose**

200 mcg (100 % RDA), daily dose for pregnant women 400 mcg

- **stability**

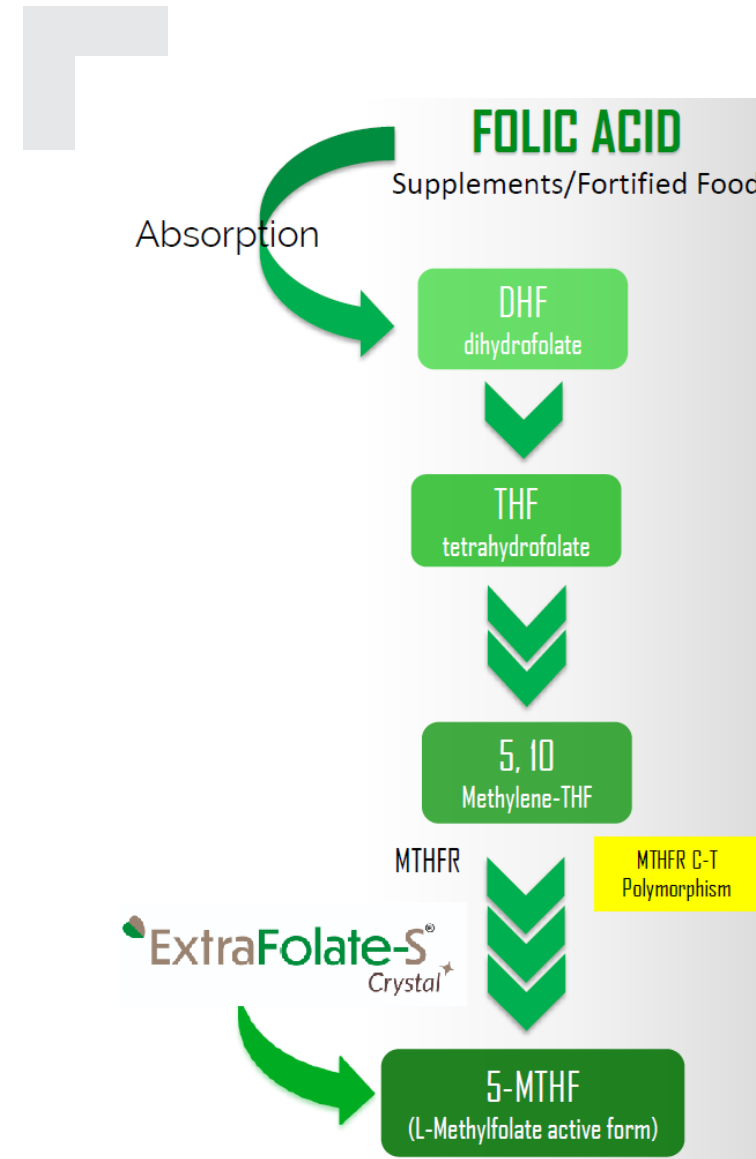
24 months in its closed under vacuum original packaging; storage conditions: 2 - 8 °C, transportation at 25°C up to 15 days from the shipping date

- **certificates**

Non-GMOs, Halal, Kosher, GMP, FSSC 22000, HACCP, ISO 45001, ISO 14001

advantages:

- **biologically active form** - can enter the folate cycle directly, without prior metabolization
- **does not result in unmetabolized folic acid (UMFA)** which the body cannot use
- **suitable for people with polymorphisms in MTHFR gene**
 - up to 50% of the population in some countries
- **high purity & strong stability**
- **mechanisms of action:**
- **maternal tissue growth** during pregnancy
- **normal homocysteine metabolism**
- **normal psychological function**, amino acid synthesis and blood formation
- **normal function** of the immune system
- **reduction** of tiredness and fatigue
- **folate has a role** in the process of cell division



stable and tasteless source of zinc, with
microencapsulated zinc oxide

- **supplier**
Lipofoods
- **product grade**
powder suitable for functional foods and
dietary supplements
- **daily dose**
Recommended Daily Allowance (RDA) for
zinc in the European Union is 10 mg
- **stability**
48 months shelf life



INDICATIONS

IMMUNE SUPPORT
ANTI-OXIDATIVE SUPPORT
EYE HEALTH
FERTILITY
SKIN HEALTH & BEAUTY



Lubrizon

advantages:

- **controlled interactions** with other components in the formulation
- **no grainy texture**
- **reduced metallic taste**
- **effective release** in the stomach

mechanisms of action:

- **normal cognitive** function
- **normal fertility** and reproduction
- **maintenance** of normal bones, hair, nails, and skin
- **maintenance of normal testosterone levels** in the blood
- **maintenance of normal vision**
- **normal function** of the immune system
- **protection** of cells from oxidative stress
- **has a role** in the process of cell division





INDICATIONS

EYE HEALTH
COGNITIVE HEALTH
SKIN HEALTH & BEAUTY

naturally derived marigold extract, containing a unique combination of all three macular carotenoids: lutein, zeaxanthin, and meso-zeaxanthin

- **supplier**

OmniActive

- **product grade**

powder suitable for gummies, chewables, bars, powders, stick packs, capsules, tablets.
viscous paste grade for beverages.

- **daily dose**

10 mg of lutein + 2 mg of zeaxanthin (50-200mg of Lutemax, depending on grade)

- **stability**

24 months shelf life

- **certificates**

non-GMO Project verified, clean label, Vegetarian, Vegan, Kosher, Halal, FDA-notified GRAS

advantages:

- **multiple grades** and concentrations available
- **patented composition and unique delivery system**
powder grade with beadlets improves stability, dispersibility and bioavailability
- **5:1 ratio** of lutein and zeaxanthin isomers, as found in nature
- **higher levels of lutein and zeaxanthin isomers**
compared to most commercial forms
- **proven bioavailability**
of lutein and zeaxanthin and deposition in the eye
- **backed by multiple clinical studies**
supporting eye health, cognitive performance, reduced stress, sleep quality, and skin health
- **increased macular pigment optical density (MPOD)**
in just 8-weeks



awards:

- **winner of the 2018 NutrAward** Best Functional Ingredient
- **2017 North American Product Leadership Award** presented by Frost & Sullivan



mechanisms of action:

eye health:

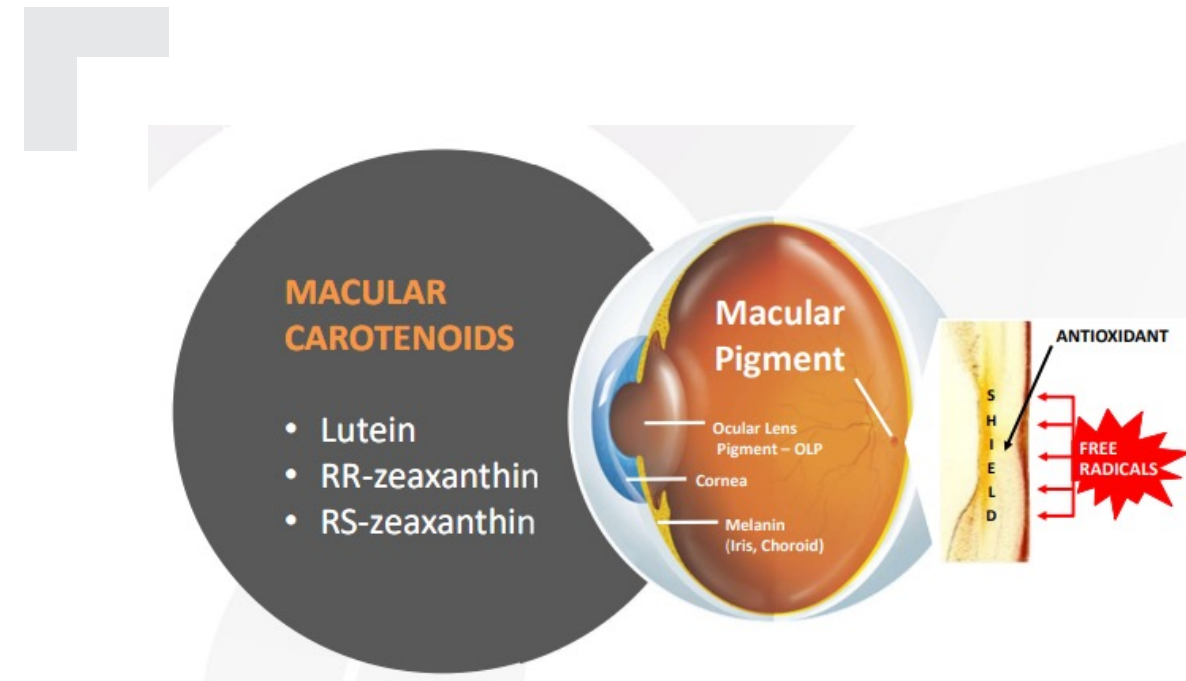
- **increasing macular pigment optical density (MPOD)**,
a protective layer in the retina (macula) of the eye, filtering high-energy blue light
- **antioxidant action**
protection against oxidative stress
- **improvement of visual parameters**
glare performance, photo-stress recovery, contrast sensitivity
- **improvement of physical symptoms of high screen time**
eye strain, eye fatigue, headache, sleep quality

skin health:

- **antioxidant and anti-inflammatory action,**
- **protection against photooxidative damage**

cognitive support:

- **increased antioxidant and anti-inflammatory action**
- **increased brain-derived neurotrophic factor BDNF**
protein in central nervous system involved in learning and memory)



clinical studies:

eye health:

- Juturu et al., 2016: Bioavailability of lutein/zeaxanthin isomers and macular pigment optical density response to macular carotenoid supplementation: A randomized double blind placebo controlled study
- Stringham et al., 2016: Serum and retinal responses to three different doses of macular carotenoids over 12 weeks of supplementation
- Stringham et al., 2016: Contrast sensitivity and lateral inhibition are enhanced with macular carotenoid supplementation
- Stringham et al., 2016: Macular carotenoid supplementation improves disability glare performance and dynamics of photostress recovery
- Stringham et al., 2017: Macular carotenoid supplementation improves visual performance, sleep quality, and adverse physical symptoms in those with high screen time exposure

stress management:

- Stringham et al., 2017: Supplementation with macular carotenoids reduces psychological stress, serum cortisol, and sub-optimal symptoms of physical and emotional health in young adults

cognitive support:

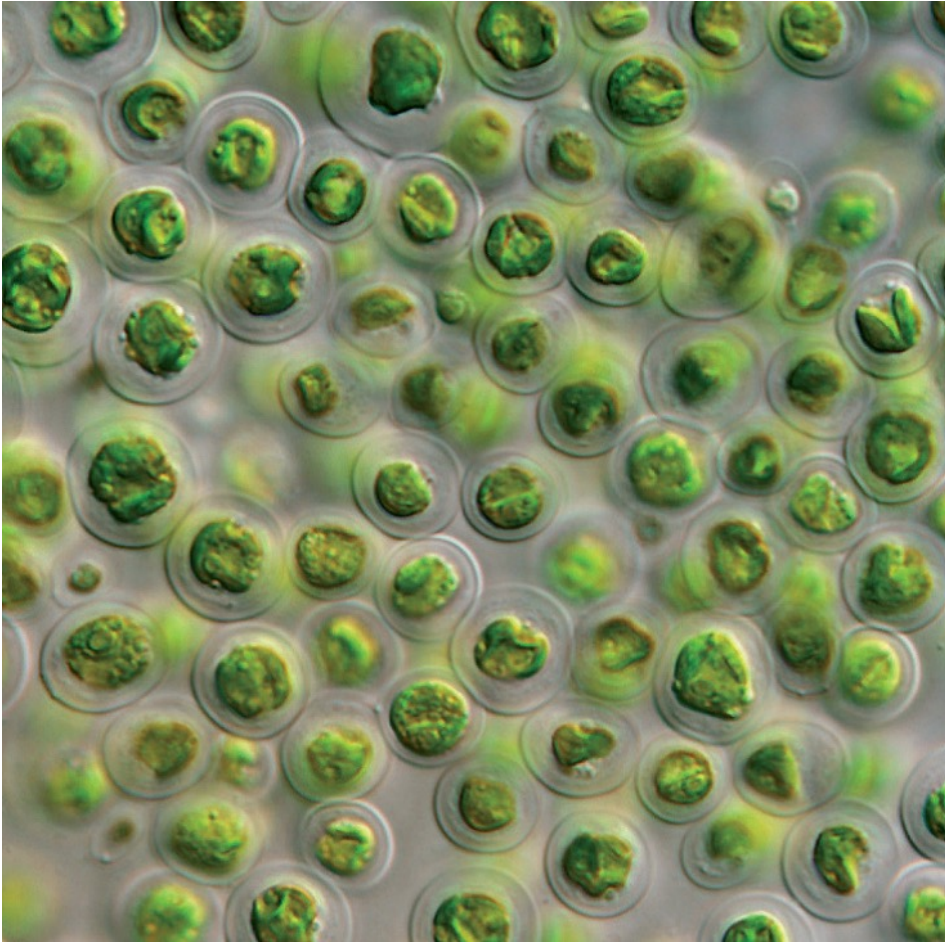
- Stringham et al., 2019: Effects of macular xanthophyll supplementation on brain-derived neurotrophic factor, pro-inflammatory cytokines, and cognitive performance

skin health:

- Juturu et al., 2016: Overall skin tone and skin-lightening-improving effects with oral supplementation of lutein and zeaxanthin isomers: a double-blind, placebo-controlled clinical trial

product examples





INDICATIONS

ANTI-OXIDATIVE SUPPORT
SPORTS NUTRITION
SKIN HEALTH AND BEAUTY
HEALTHY AGEING
FERTILITY IN MEN



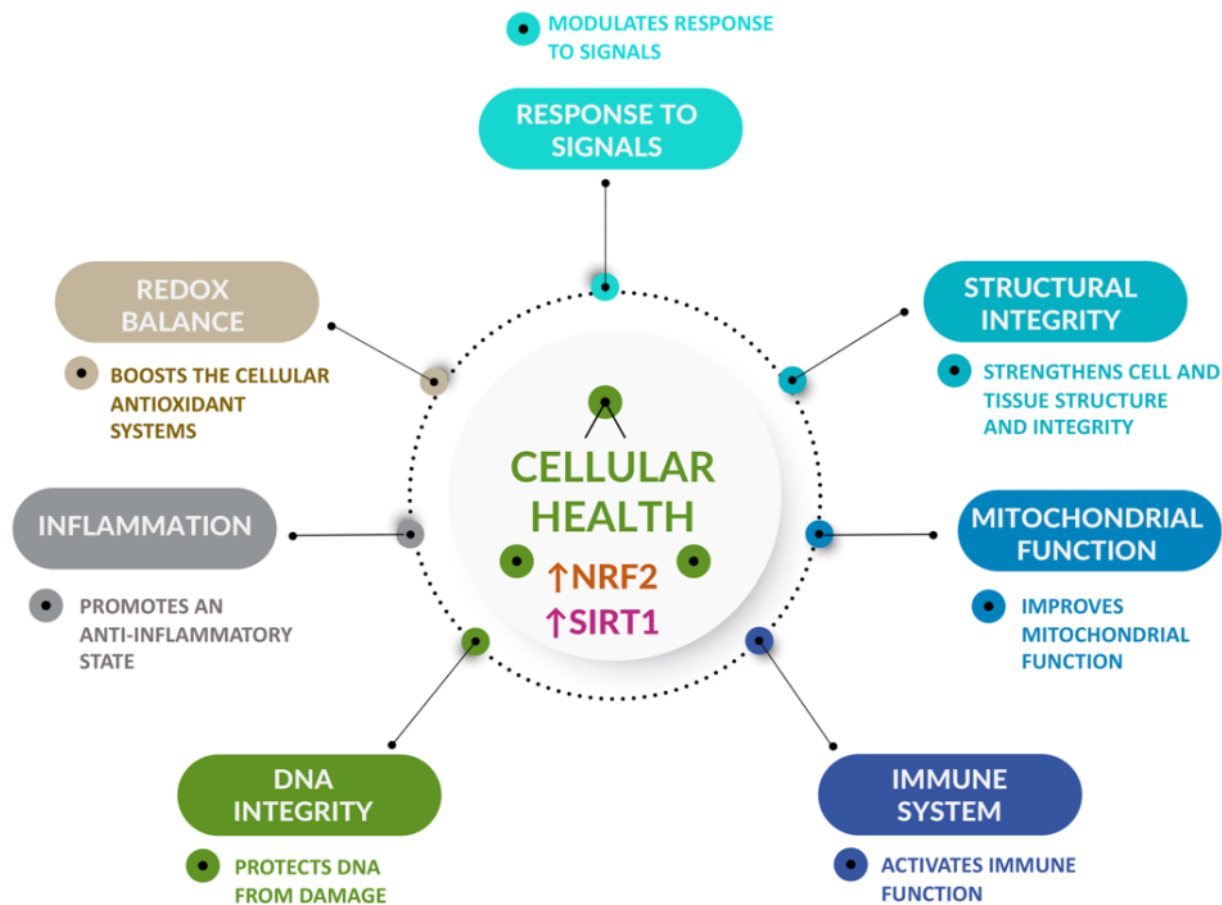
healthy functional marine ingredient from microalgae *Tetraselmis chuii*, rich in superoxide dismutase or SOD - one of the body's most powerful natural antioxidant enzymes (Super Oxide Dismutase activity $\geq 30,000$ U)

- **supplier**
Fitoplancton Marino
- **product grade**
powder form, not soluble in water, it will remain in suspension
- **daily dose**
25 mg
- **stability**
36 months shelf life
- **certificates**
approved Novel Food status in EU, Vegan, non-GMO, Halal, Kosher (in process)

advantages:

- **much more than a typical SOD ingredient**
contains other crucial antioxidative enzymes (glutathione peroxidase and catalase)
- **rich in naturally present nutrients from the cell**
essential fatty acids, vitamins, minerals, amino acids, and pigments
- **clinically tested**
- **small dose allows flexibility in formulations**
- **versatile ingredient**
suitable for many indications linked to oxidative stress
- **stable at high temperatures**
no need for coating or microencapsulation
- **produced by sustainable patented technology**
- **Award-winning** – recognized internationally as Best Ingredient for Sports Nutrition (NutraIngredients Awards 2023 Asia, 2024 Europe, finalist USA)





mechanisms of action:

- **antioxidant and anti-inflammatory action**, oxidative stress reduction
- **SOD provides the first shield** against oxidative stress and damage in the body
- **induces other primary antioxidant enzymes** (glutathione peroxidase and catalase)
- **activates genes** for antioxidant protection in human cells
- **improves performance** during stress tests and decreases lipid peroxidation in athletes

clinical study:

- **Bellido et al., 2017: Effects of *Tetraselmis chuii* intake on oxidative stress in athletes**

(improved performance, strong antioxidant effect: decreased lipid peroxidation, increased vitamin E levels in erythrocytes in plasma, increased O₂ consumption)

pre-clinical studies:

- **Mantecon et al., 2019: Safety assessment of a lyophilized biomass of *Tetraselmis chuii* (TetraSOD®) in a 90 day feeding study**
- **Ramirez et al., 2020: TetraSOD® activates the antioxidant response pathway in human cells: An in vitro approach**



product examples





INDICATIONS

SKIN HEALTH AND BEAUTY
ATOPIC PRONE SKIN

Dermatidyss

natural marine ingredient with unique composition, rich in anti-stress peptides, collagen peptides and glycosaminoglycans.

- **supplier**
Abyss Ingredients
- **product grade**
powder form, preferred capsules
- **daily dose**
600 mg
- **stability**
24 months shelf life

advantages:

- **dual action** – works on both skin comfort (hydration reduced itching, barrier repair) and emotional well-being (less stress, anxiety, better sleep)
- **fast results** – visible improvements in skin roughness and discomfort in as little as 3 weeks
- **clinically validated and customer proven**
- **improving quality of life**
- **safe alternative – reduces reliance on cortisone creams and other pharmaceuticals**





INDICATIONS
JOINT HEALTH
SKIN HEALTH & BEAUTY

hydrolyzed marine collagen from fish
cartilage for joint health and skin support
with a synergetic action of its components

- **supplier**
Abyss Ingredients
- **product grade**
powder suitable for tablets, capsules, sticks,
liquid, soft gels and liquid form which
needs to be shaken)
- **daily dose**
clinically validated 500mg for skin and 1 g
for joints
- **stability**
36 months shelf life
- **certificates**
Halal

advantages:

- **synergistic action of collagen proteins (type II)** and glycosaminoglycans (chondroitin sulfate, glucosamine sulfate, hyaluronic acid).
- **highly digestible** low molecular weight peptides
- low clinically proven dose. 500mg for skin and 1g for joints
- high bioavailability: >85% peptides <3000 Da, easily absorbed
- **gentle eco-friendly** water extraction
- **synergetic effects** for joint health
- **supported by clinical** and pre-clinical evidence

mechanisms of action:

- **collagen hydrolysate is absorbed intestinally** and accumulated in the cartilage
- **components provide structural molecules** and can stimulate the production of own collagen for healthy joints and skin
- **pain reduction and mobility improvement**



clinical studies:

- Maia Campos et al., 2021. Oral supplementation with hydrolyzed fish cartilage improves the morphological and structural characteristics of the skin: a double-blind, placebo-controlled clinical study
- **internal study: Clinical study in adult population with moderate knee joint discomfort and loss of functionality** (an exploratory, non-comparative, multi-centric trial): Cartidyss® significantly improves global knee function, reduces joint discomfort, has a significant impact on quality of life

pre-clinical study:

- Henrotin et al., 2021: Oral supplementation with fish cartilage hydrolysate accelerates joint function recovery in rat model of traumatic knee osteoarthritis



product examples



product examples





marine collagen hydrolysate from fish skin for healthy skin and joint support

- **supplier**
Abyss Ingredients
- **product grade**
powder suitable for capsules, tablets, soft gels and sachets, as a gel-form for beverages, ampoules or syrups
- **daily dose**
5-10 g
- **stability**
36 months shelf life
- **certificates**
Halal



INDICATIONS
JOINT HEALTH
SKIN HEALTH & BEAUTY

advantages:

- **>90% collagen peptides**
- **highly digestible** collagen type I peptides
- **low molecular weight** of peptides enables higher digestibility
- **sustainable collagen** from environmentally friendly process
- **marine alternative** to bovine, porcine or chicken collagen

mechanisms of action:

- **hydrolysate is quickly absorbed** after oral ingestion
- **collagen peptides promote the synthesis of collagen** and elastin and stimulate fibroblast cells
- **collagen hydrolysates** were shown to have anti-inflammatory and antioxidant activity



product examples





hermes consilium

Hermes Consilium Ltd.

www.hermes-consilium.com | info@hermes-consilium.com | +386 1 434 56 78

Cesta v Mestni log 88a, 1000 Ljubljana, SI - European Union