



hermes consilium



# portfolio.

clinically  
supported  
ingredients



## INDICATIONS

ENERGY SUPPORT  
COGNITIVE HEALTH  
SPORTS NUTRITION  
STRESS MANAGEMENT

highly concentrated microencapsulated magnesium source for products effective at restoring and maintaining a healthy level of this mineral in human cells and bones. Composition: Magnesium Oxide, Modified Starch, Sunflower Lecithin, Magnesium oxide (30-36.6 % Magnesium)

- **supplier**  
Lubrizol
- **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%)**
- **highly dispersible**
- **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

\*Authorized health claims in EU for calcium

an adaptogen, balancing different processes in the body and helpful for adapting to mental and physical stress. clinically studied standardized herbal extract from *Ocimum tenuifloruM (Holy basil/Tulsi)*



**INDICATIONS**  
SLEEP AND STRESS MANAGEMENT

- **supplier**  
Natural Remedies
- **product grade**  
powder suitable for tablets, capsules, shots, sachet, gummies
- **daily dose**  
250 mg
- **stability**  
24 months shelf life
- **certificates**  
Kosher, Halal, Vegan, non-GMO Project verified

## advantages:

- **clinically tested** stress management support
- **effective in reducing forgetfulness**, exhaustion and sleep problems
- **sustainably cultivated**, strong supply chain
- **Low daily dose** 250 mg/day
- Contains a unique **Ocimum-Bioactive Complex™ (OBC)** rich in rosmarinic acid, luteolin-7-O-glucuronide, ociglycoside I, apigenin-7-O-glucuronide, and rabdosin
- Developed with patented **Bioactive Optimization Technology (B.O.T.)** that enhances bioactive chemistry and ensures efficacy at low doses
- **100% water-soluble**
- **mild palatable taste**

## mechanisms of action:

- **inhibits the release** of stress hormone cortisol (works for chronic and acute stress)
- **acts on receptors** and enzymes involved in anxiety and stress pathways
- **acts as an adaptogen** balancing physical and mental stress Bioactives bind strongly to key stress receptors (CRHR1, AVPR1B, MC2R)
- **helps maintain healthy cortisol levels** in chronic and acute stress
- **regulates neurotransmitters** and calms HPA axis overactivation
- **enhances sleep** by improving efficiency, shortening latency, reducing awakenings, and stabilizing sleep cycles (CAP A1, PSG)

# product examples





milk protein hydrolysate containing a bioactive decapeptide alpha-casozepine ( $\geq 1.8\%$ ) 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**

300 mg

- **stability**

24 months shelf life

- **certificates**

Halal



INDICATIONS  
STRESS MANAGEMENT

### 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
- Modulates the expression of genes and proteins involved in stress response but also in circadian rhythm.

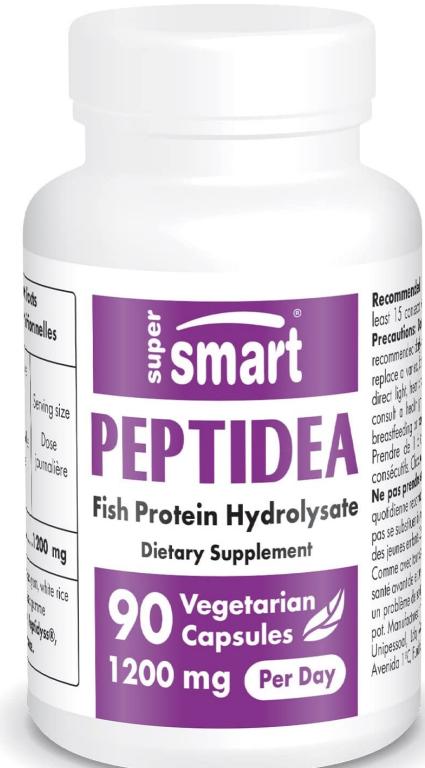
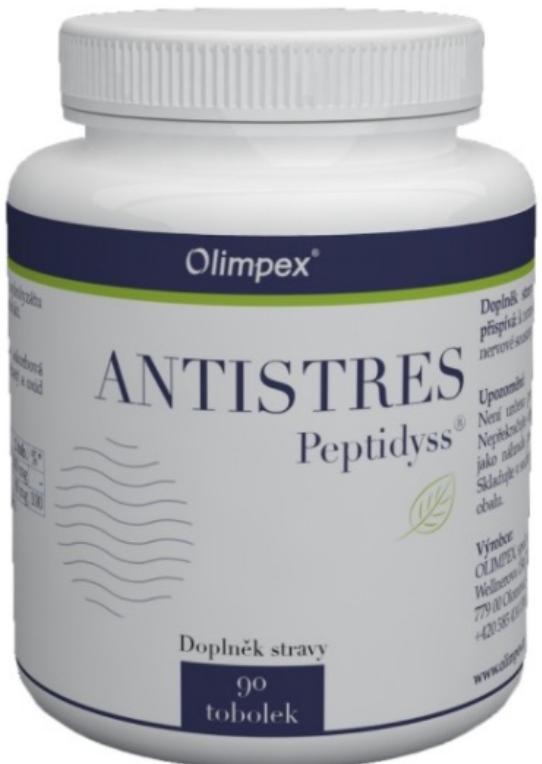
## clinical studies:

- **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





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