

Vanizem™

STRESS • MOOD • SLEEP

UNLOCK YOUR NATURAL CALM

**A novel approach to supporting reduced stress,
enhanced mood and quality sleep (all at once)**

Vanizem™ Fast Facts

- Clinically studied
- Low 100-150 mg/day dose
- Efficacy starting within 3 days*
- Standardized to $\geq 10\%$ total vanilloids
- Standardized to $\geq 1.5\%$ 6-paradol
- HPLC-validated bioactives content
- Proprietary microencapsulation system

Cognitive health – particularly when it comes to stress, mood and sleep – has captured consumers' attention in all walks of life and in every age demographic. Creating products that attract consumers will require ingredients with quality clinical science, formulation-friendly features and a compelling story.

Vanizem™ is a proprietary selection and extraction of the West African flowering plant *Aframomum melegueta*, standardized to specific bioactives. Targeting the endocannabinoid system, Vanizem has been clinically shown to improve mood scores and sleep scores, including improvements in tension, vigor, ease of falling asleep and morning alertness.

Vanizem has the features you want. It offers a low 100-150 mg/day dose with clinical efficacy shown starting in just three days. A proprietary microencapsulation technology ensures long-term stability. It is sustainably produced, with an HPLC-validated active ingredient profile.

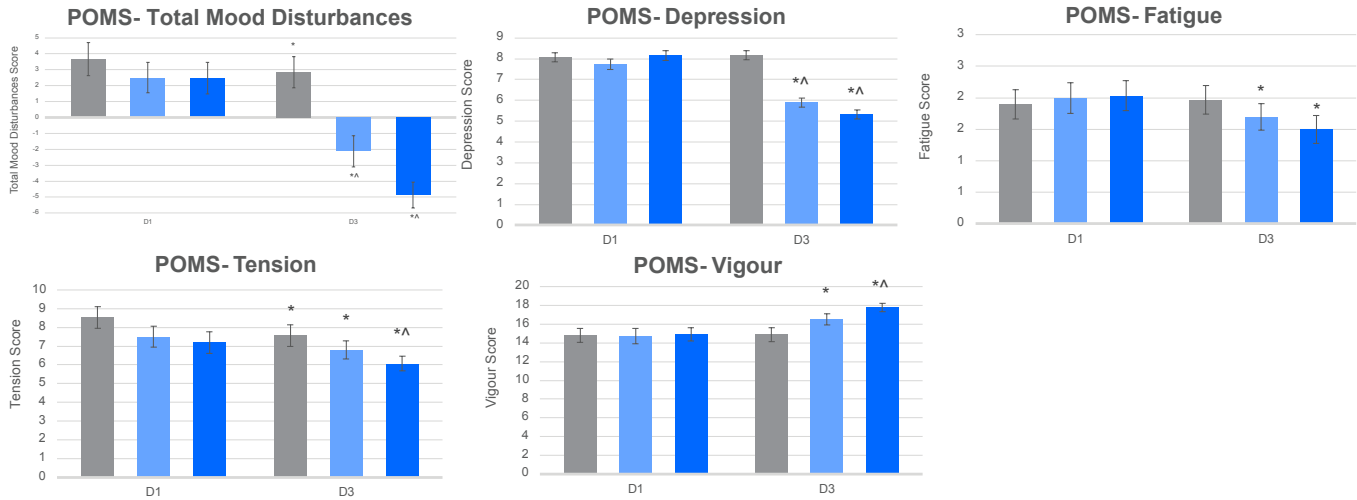


CLINICAL SUPPORT FOR ENHANCED MOOD & IMPROVED SLEEP

Thirty participants, aged between 40 and 50 years (44% women) were randomized into a placebo-controlled cross-over study to assess the effect of Vanizem™ at different doses. All participants were healthy adults experiencing day-to-day stress. At the start of the trial each participant scored greater than 18 points on a modified-Hamilton Anxiety Rating Scale (mHAM-A), which indicated their tendency toward anxious feelings.

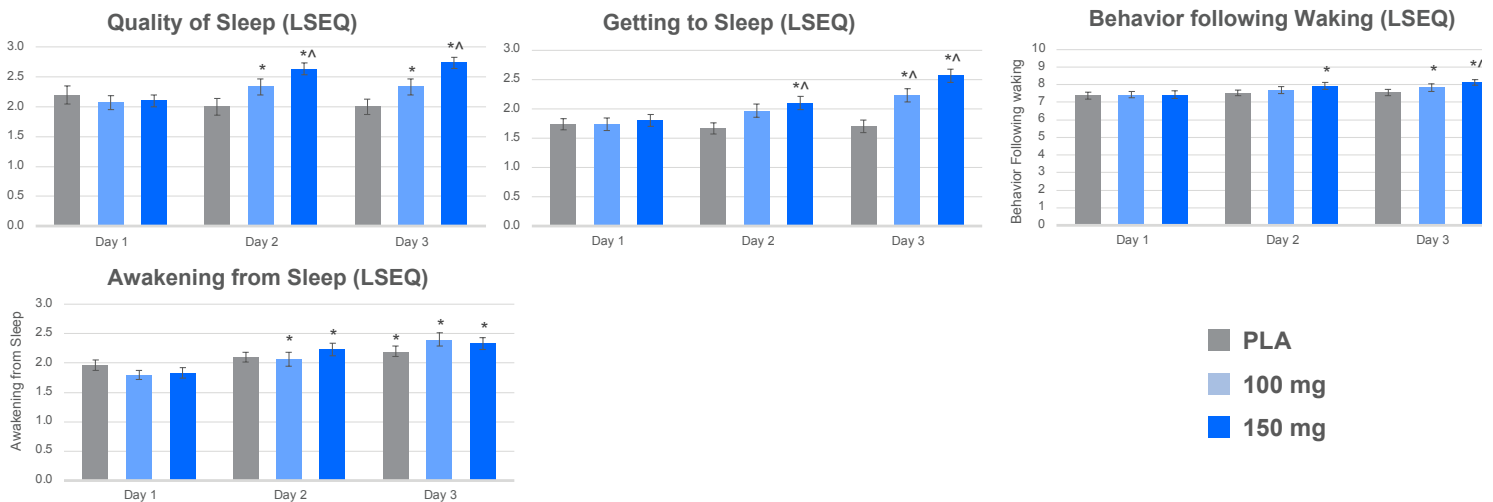
Vanizem helps improve mood

Vanizem was found to significantly ($p < 0.05$) improve self-reported perceptions of tension, depression, vigor and total mood disturbance (TMD) score in a dose-dependent manner.



Vanizem improves sleep quality

Supplementation with Vanizem at doses over 100mg was seen to improve sleep quality scores after just 2 doses versus placebo ($p < 0.05$). Vanizem subjects found it easier to get to sleep, had better sleep quality as well as improved morning alertness.



THERE'S A ROLE FOR PLT IN YOUR FORMULATION. LET US SHOW YOU THE DATA.

Studies on file. Contact us for more information at info@plthealth.com

* THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

Contact PLT Health Solutions for samples and more information.

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