

# Probiostress®

STRESS  
management

Toward a  
relaxed and sharp mind

Synergistic ingredient:  
Saffron and Probiotics

## A synergistic ingredient addressing the brain-gut axis

Nowadays, 25 to 55% of the people, depending on the country, declare suffering of stress issues several times each week.

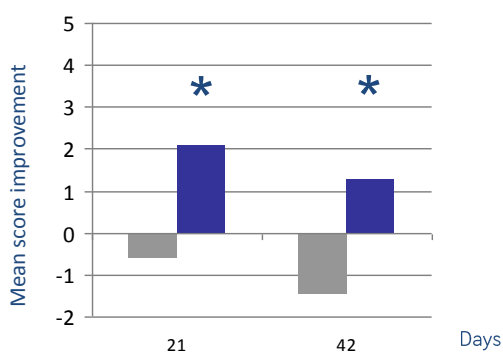
As the expert in mental balance solutions, GPE created Probiostress® to help relaxing while keeping high mental performance, without adverse effects.

Probiostress® is a patented synergistic ingredient creating a virtuous circle within the brain-gut axis. Probiostress® is a stable blend of Saffron extract and probiotic strains characterized by its unique standardization and formulation.

## A clinically proven efficiency

A double-blind randomized and placebo controlled clinical study was conducted in 2014 on 30 subjects. The efficiency was assessed using evaluation questionnaires.

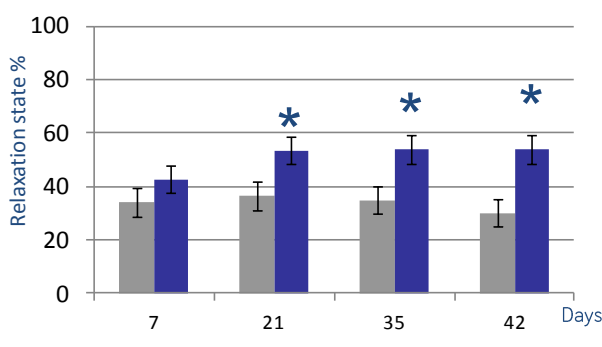
### ► Reduction of anxiety



Probiostress® significantly reduces anxiety level as compared to placebo and it concomitantly improves the global sleep quality.

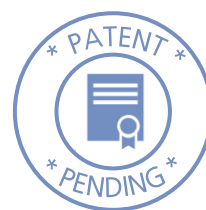
- Improvement of mood
- Decrease of compulsive habit

### ► Improvement of relaxation state



When asked if they feel more relaxed upon treatment, up to 11/15 subjects in Probiostress® group answered positively !

- Placebo
- Probiostress® (500 mg/day)
- \* Significant difference  $p < 0.05$



No  
adverse  
effect



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Good reasons to choose Probiostress®

## Health benefits

Probiotics and saffron extract were clinically proven to have other mental benefits:

- Reduction of **mental stress symptoms** (Konturek et al. 2011)
- Reduction of **mild depression** (Akhondzadeh et al. 2005, Messaoudi et al. 2011)
- Decrease of **cognitive decline** (Akhondzadeh et al. 2010)

## Mechanism of action

Intestinal microbiota is sometimes referred as the second brain because of its great influence on mood notably through the production of brain active metabolites.



Through its action on brain and on the intestinal microbiota, Probiostress® creates a virtuous circle toward a relaxed state of mind.

## Technical Data

Commercial Name	Probiostress®
Description	Saffron extract and probiotic bacteria
Active compounds	Crocine (HPLC) ..... 6 mg <i>B. longum</i> & <i>L. helveticus</i> .....6 billion CFU/g
Form	Powder or capsules Tasteless and fragrance-free
Recommended Dosage	500 mg / day for a 4 to 6 weeks treatment
Application	Food supplements: capsules, softgel capsules, sachets... Dry applications: cereal bars, dry instant drinks...



### 1 Efficiency

- Clinically proven efficiency on relaxation

### 2 Premium quality

- The only saffron extract titrated in crocine
- High content in probiotics
- Guaranty 100% pure, without adulteration
- Best raw material quality

### 3 Safety

- Full control traceability
- No adverse effects
- No addiction

### 4 Easy to formulate

- Proven stability of the combination

### 5 Satisfaction

- During the clinical study:
- 60 % subjects were willing to continue Probiostress® treatment
  - 86 % would advice other to use it



Green Plants Extracts

GREEN PLANTS EXTRACTS  
27 rue Henri Moreau  
F-92600 ASNIERES SUR SEINE  
France

Ph : + 33 (0)173 540 218  
contact@greenplants.eu  
www.greenplants.eu