



Clinical Stress Relief: Support for everyday stress with two simple ingredients*



Bioactive compounds

- Lactium®: αS1-casein hydrolysate (f91-100)
- Ashwagandha extract: *Withania somnifera* (Root and Leaf) (min. 2.5% Total Withanolides)



Bioavailable compounds

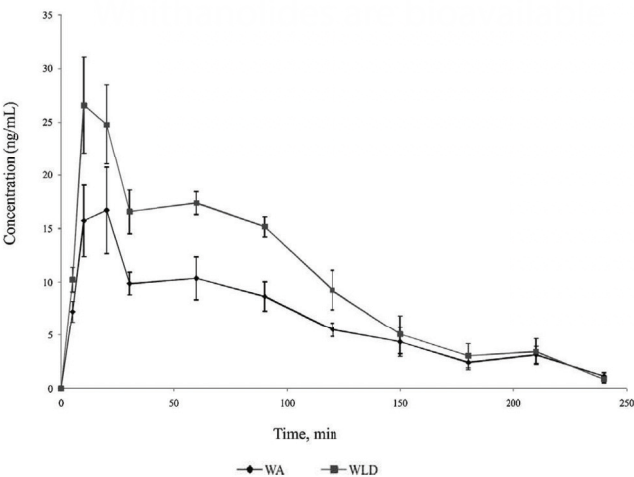
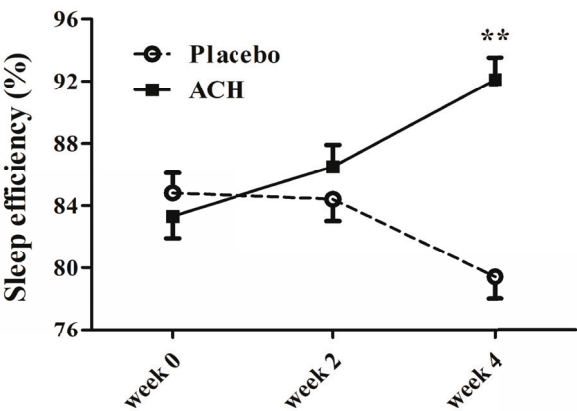


Figure 1: Mean plasma concentration of withaferin A (WA) and withanolide A (WLD) after oral administration of *Withania somnifera* root aqueous extract at dose at a 1000 mg/kg in n=6 mice.



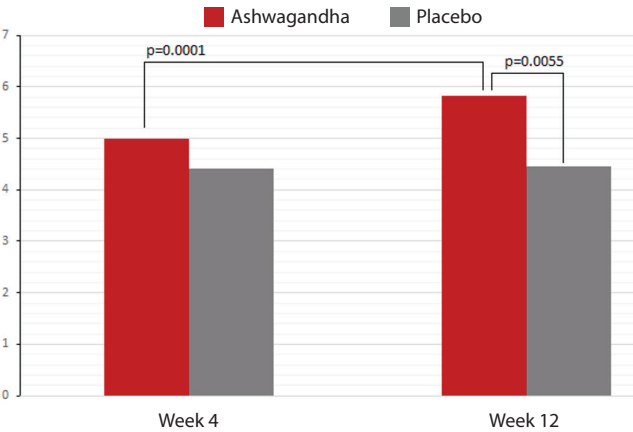
Sleep Support*

Lactium® supports sleep efficiency^{†1*}



Support for stress of daily life*

Ashwagandha supports the ability to cope with normal daily stress^{‡2*}



[†] In a 4-week randomized, placebo-controlled clinical study on adult volunteers receiving 300 mg Lactium® in the evening, perceived sleep profiles in sleep diaries were significantly improved during the supplementation phase, represented by an increased total sleep time and sleep efficiency (SE), as well as decreased sleep latency and wake after sleep onset.

[‡] In a 12-week randomized, placebo-controlled clinical study on adult volunteers receiving a standardized ashwagandha extract at a daily dose of 600 mg (300 mg twice a day), the ability to cope with stress was evaluated as a secondary endpoint using a 7-point visual analogue scale. Volunteers in the ashwagandha group described a significant improvement in their ability to cope with daily stress versus baseline and placebo.*

At Protocol For Life Balance®, we believe that combining the right nutrients will achieve maximum efficacy. We created Clinical Stress Relief by combining clinically evaluated Lactium® (αS1-casein hydrolysate) and a standardized ashwagandha extract (min. 2.5% Total Withanolides), which are both known to support a healthy adaptation to daily stress.* You can recommend Clinical Stress Relief in confidence for your patients needing to take the edge off stress.*