

Products to help with stress

KSM-66 Ashwagandha®

KSM-66 Ashwagandha® is a full-spectrum, root-only extract with the highest concentration of bio-actives available on the market today. It is created via an aqueous-based, Green-Chemistry process, using no alcohol or any chemical solvent.

KSM-66 Ashwagandha® has been clinically shown to help reduce stress and anxiety levels and improve sleep patterns using 250mg/day.

Finished products available to you:

Our NPD team has created a cognition capsule (P17287) using KSM-66 Ashwagandha® and other ingredients including Lion's Mane Mushroom Extract and Cognizin®.



WORLD'S BEST ASHWAGANDHA

References: Salve J, Pate S, Debnath K, Langade D. Adaptogenic and Anxiolytic Effects of Ashwagandha Root Extract in Healthy Adults: A Double-blind, Randomized, Placebo-controlled Clinical Study. *Cureus*. 2019 Dec 25;11(12): e6466. DOI: 10.7759/cureus.6466.

Calmaluma™

Calmaluma™ consists of a **Caralluma Fimbriata** extract (CFE), derived from a cactus-like plant, which has been clinically researched for its therapeutic potential in easing anxiety and stress in adults.

Calmaluma™ has been clinically shown to help reduce stress, frustration and anxiety and increase positive experience of emotion using 500mg twice/day.

Finished products available to you:

Our NPD team has created a calm capsule (P17286) using Calmaluma™, our TheaGreen® which is theanine from green tea, and magnesium.



References: Rajendran R., et al., 2014. Nootropic activity of Caralluma fimbriata extract in mice. *Food and Nutrition sciences*, 2014, 5, 147-152.



Lion's Mane Mushroom

Lion's Mane Mushroom grows on old or dead broadleaf tree trunks. The mushroom is composed of two parts, the fruiting body and mycelium. Only the fruiting body is authorised for use in the UK and EU markets.

Though further research is necessary to make any claims around Lion's Mane Mushrooms some research has shown that there is potential for Lion's Mane Mushrooms to be useful for reducing anxiety, stress and inflammation in humans.

References: Mendel Friedman., *Journal of Agricultural and Food Chemistry* 2015 63 (32), 7108-7123 DOI: 10.1021/acs.jafc.5b02914



Theanine supplementation

Theanine supplementation may be effective in reducing anxiety and stress. In fact, published data suggests that daily doses of L-theanine ranging from 200mg to 400mg for up to 8 weeks are safe and induce anxiolytic and anti-stress effects in acute situations. In addition, a dose of 100mg of L-theanine may contribute to improving attention, thus enhancing working memory and executive functions.

Finished products available to you:

Our NPD team has created a calm capsule (P17286) using TheaGreen®, Calmaluma™ and magnesium.



References: *J Med Food*. April 2021; 24(4): 333-341. Published online 2021 Apr 16. doi: 10.1089/jmf.2020.4803. Lopes Sakamoto, F., Metzker Pereira Ribeiro, R., Amador Bueno, A., & Oliveira Santos, H. (2019). Psychotropic effects of L-theanine and its clinical properties: From the management of anxiety and stress to a potential use in schizophrenia. *Pharmacological research*, 147, 104395. <https://doi.org/10.1016/j.phrs.2019.104395>



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