

Vanizem[®]

RELAXATION • SLEEP • MOOD

RELAXATION AND BETTER SLEEP

A fast-acting, low-dose botanical that helps the body relax, unwind, and deliver a more restful night's sleep

Vanizem[®] Fast Facts

- Clinically validated relaxation and sleep support
- Low 100-150 mg/day dose
- Supports the body's relaxation pathway ('bliss molecule')
- Efficacy demonstrated within a 48-72 hour window*
- Up to 20% improvement in self-reported tension scores*
- Reduction in fatigue perception*
- Up to 34% reduction in self-reported depression score*
- Up to 8% improvement in vigor scores*
- 77% improvement in total mood disturbance score*
- Up to 30% improvement in LSEQ sleep quality score*
- Sustainably produced

Stress and sleep are locked in a feedback loop. As stress rises, sleep fragments; as sleep erodes, stress reactivity climbs. Today, in the United States nearly half of adults report frequent stress and a record 57% say they would feel better with more sleep. Supporting deep relaxation is a critical step toward breaking this cycle.

Vanizem[®] is designed to help the body unwind, settle, and transition more effectively into restful sleep. A proprietary extract of the West African flowering plant *Aframomum melegueta* (Grains of Paradise), Vanizem[®] is standardized to $\geq 10\%$ total vanilloids and $\geq 1.5\%$ 6-paradol. A unique microencapsulation technology preserves delicate volatile constituents and enhances their bioactivity. Vanizem works through the endocannabinoid system (ECS) – a key pathway involved in relaxation, mood balance, and sleep regulation.

- Its primary mode of action is inhibition of the enzyme Fatty Acid Amide Hydrolase (FAAH), helping maintain levels of anandamide – often referred to as the **"bliss molecule."** Elevated anandamide activity supports central nervous system pathways associated with improved mood and sleep quality.
- Vanizem also activates the Transient Receptor Potential Vanilloid 1 (TRPV1) receptor, which may contribute to broader physiological balance.

Vanizem delivers clinical efficacy at a low 100–150 mg/day dose. A proprietary microencapsulation technology ensures long-term stability, and every gram of Vanizem features an HPLC-validated active ingredient profile.

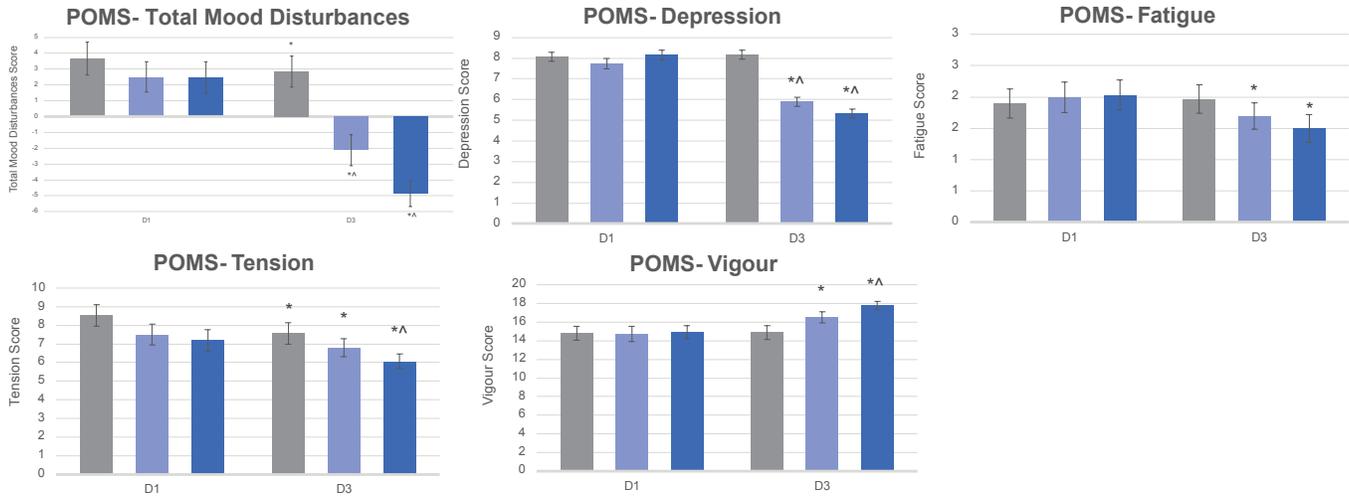


CLINICAL SUPPORT FOR RELAXATION & IMPROVED SLEEP

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 support relaxation and improved 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 and morning alertness

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.

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* 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.

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