

Vanizem®

UNLOCK YOUR NATURAL CALM

STRESS • MOOD • SLEEP

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

Vanizem® Fast Facts

- Clinically validated
- Low 100-150 mg/day dose
- Targets '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.

Vanizem® is a proprietary extract of the West African flowering plant *Aframomum melegueta*, commonly known as Grains of Paradise, standardized to $\geq 10\%$ total vanilloids and $\geq 1.5\%$ 6-paradol, and protected by a unique microencapsulation technology that preserves the delicate volatile constituents and enhances their bioactivity. Studies show that Vanizem targets the endocannabinoid system in at least two ways:

- Its primary mode of action is inhibition of the enzyme Fatty Acid Amide Hydrolase (FAAH), with the effect of boosting the neurotransmitter anandamide, also known as **"the bliss molecule"**. Increased anandamide activates endocannabinoid receptors (CB1, CB2) with central nervous system benefits including improvements in mood and sleep.
- It activates Transient Receptor Potential Vanilloid 1 (TRPV1) receptor, with potential effects on pain modulation and thermogenesis.

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

GROWTH THROUGH INNOVATION



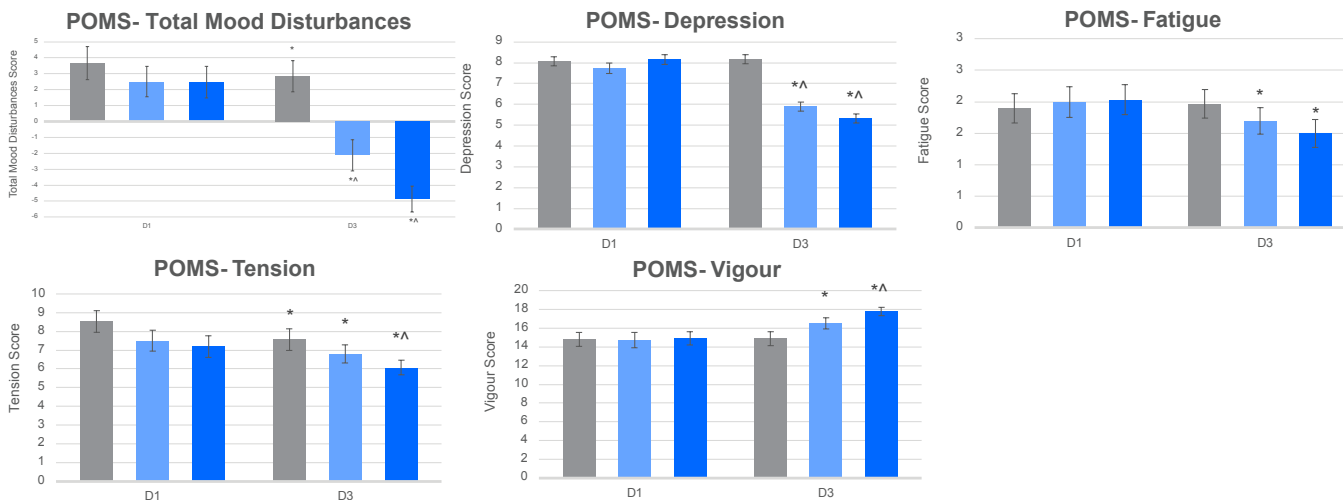
PLT
HEALTH SOLUTIONS

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.

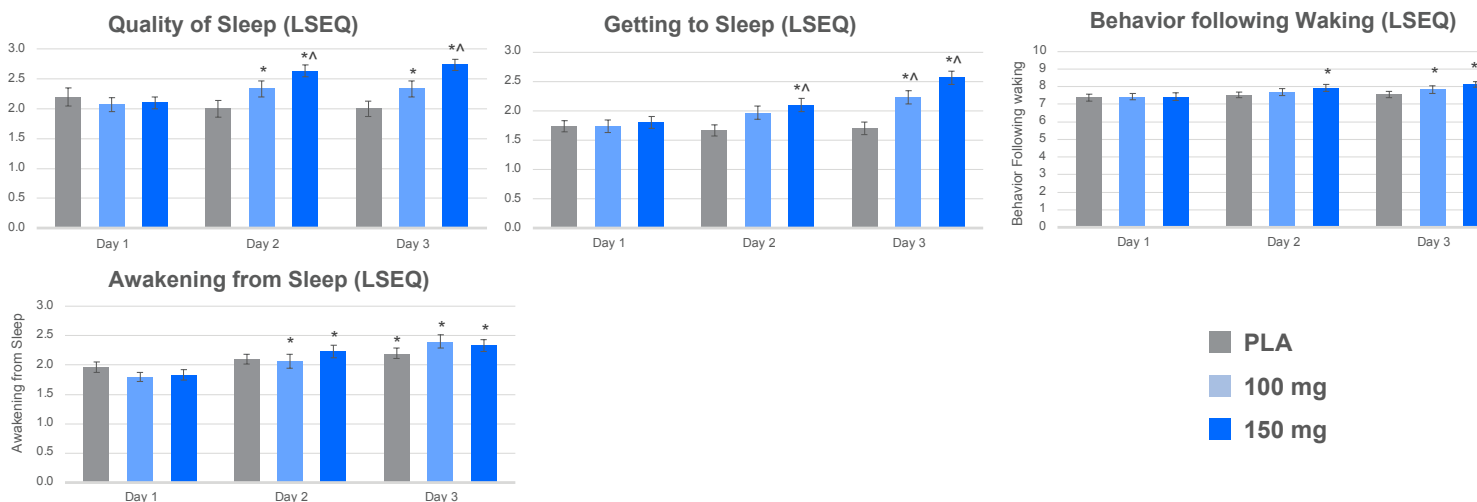
Vanizem helps improve mood

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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