

# Introducing zenbiome™

Our new ZenBiome™ collection, powered by 1714™, has been specially developed to target the gut-brain axis and support clients with occasional stress, mild mood changes, low energy, feelings of occasional fatigue, and occasional sleeplessness.



## Stress: The Modern Epidemic

According to a recent report from the American Institute of Stress, a large subset of the population is experiencing occasional stress that impacts their lifestyle. One in 10 Americans seek intervention to manage stress-related issues, including to support occasional mood changes, occasional sleeplessness, and lack of energy.



## The Gut-Brain Axis and the Psychobiome

The gut-brain axis, a bidirectional communication between gut microbiota and the central nervous system (CNS), may play a role in cognitive function, digestion, and mood. Studies show that 80-90% of the fibers in the vagus nerve are linked to the gut, providing a physical link through which the gut microbiota communicate with the brain.

Relatedly, the term *psychobiome* is used to describe the interaction between a person's collective microbiome and his mental state. A diverse and balanced microbiome can help maintain the gut-brain axis.

A psychobiotic is used to describe the commensal bacteria that play a role in the gut-brain axis and support brain health.



## 1714™: A Trail-blazing Psychobiotic

Our solution to supporting the psychobiome uses cutting-edge probiotic technology. 1714™, a unique strain of *Bifidobacterium longum*, is an up-and-coming psychobiotic that can help support the management of occasional stress and its biochemical expression within the human body.

This psychobiotic exerts its effect by supporting NF-κB signaling and cytokine production, supporting IL-10 levels, and targeting the HPA axis to support healthy cortisol levels. 1714™ may support mental health, cognitive process, neurotransmitters, and overall feeling of well-being.

In a 4-week human trial, 1714™ reduced perceived stress, improved memory performance, reduced mental fatigue, positively supported brainwave activity, and improved ability to handle occasional stress.





# zenbiome™

## COPE

ZenBiome Cope™ is designed to help clients better handle life's occasional stressors. ZenBiome Cope™ pairs the well-researched psychobiotic 1714™ with other vital nutrients like B vitamins and herbal extracts to provide targeted support for coping with day-to-day, periodic stressors and mood changes.

### benefits



Supports healthy mood



Promotes better occasional stress coping



Supports brain function



Enhances vitality



## INGREDIENTS

### BIFIDOBACTERIUM LONGUM (1714™)

A high-potency psychobiotic, 1714™ helps support the body's response to occasional stress, and the body's neurocognitive processes. This strain helps support the HPA axis and healthy cortisol levels. In studies, it also helped support memory performance and an improved perception of stress.

### VITAMIN B6 (PYRIDOXINE)

Vitamin B6 is a quintessential B vitamin for supporting healthy neurotransmitter metabolism. Vitamin B6 acts as a rate-limiting cofactor required to convert glutamate to GABA, which is considered a natural mood support. B6 is also a co-factor in the conversion of 5-HTP to serotonin, which supports happiness and mood.

### VITAMIN B12 (HYDROXOCOBALAMIN)

Vitamin B12 is involved in serotonin synthesis, which can support a calm mood and positive coping mechanisms. B12 supplementation can help support homocysteine levels associated with cognitive health.

### SAFFRON EXTRACT (AFFRON™)

Saffron extract can help support the central nervous system mood. ZenBiome Cope™ contains the raw ingredient Affron®, an extract from 100% Mediterranean origin and standardized to 3.5% Lepticrosalides®, contributing to its organoleptic properties.

## SUPPLEMENT FACTS

Serving Size 1 Capsule  
Servings Per Container 60

Amount Per Serving	% Daily Value
<i>Bifidobacterium longum</i> 1714™*	80 mg 5B CFU
Vitamin B6 (as pyridoxine)	850 mcg 50%
Vitamin B12 (as hydroxycobalamin)	1.2 mcg 50%
Saffron extract ( <i>Crocus sativus</i> L.) (affron®) (standardized to 3.5% Lepticrosalides®)	14 mg †

† Daily values not established.



# zenbiome™ SLEEP

ZenBiome Sleep™ is formulated to help clients deal with occasional sleeplessness, but can also help support feelings of relaxation and reduced tension.

## benefits



Supports sleep



Promotes alpha brain waves



Enhances vitality



## INGREDIENTS

### BIFIDOBACTERIUM LONGUM (1714™)

A high-potency psychobiotic, 1714™ helps support the body's response to occasional stress, and the body's neurocognitive processes. This strain helps support the HPA axis to and cortisol levels. In studies, it also helped support memory performance and an improved perception of stress.

### L-THEANINE

L-theanine, found in high concentrations in green tea, helps support neurotransmitters. L-theanine can help support serotonin, GABA, and dopamine levels. It can also produce a calming effect while simultaneously supporting alpha brain waves.

### LEMON BALM EXTRACT

This perennial herb in the mint family may increase feelings of drowsiness and has mild sedative properties to help with occasional inability to fall asleep. Lemon balm can also help calm occasional nervousness and excitability, supporting mood.

## SUPPLEMENT FACTS

Serving Size 1 Capsule  
Servings Per Container 30

Amount Per Serving	% Daily Value
<i>Bifidobacterium longum</i> 1714™*	80 mg 5B CFU
Lemon balm leaf extract ( <i>Melissae officinalis</i> L.)	200 mg †
L-theanine	200 mg †

† Daily values not established.

# Suggested Use



zenbiome  
COPE

Ages 3+: Take 1-2 capsules with or without a meal, or as directed by your healthcare practitioner.



zenbiome  
SLEEP

Ages 3+: Take 1 capsule in the evening with or without a meal, or as directed by your healthcare practitioner.

Children under 3 years of age, please consult with your healthcare practitioner.

CAUTION: If you are pregnant or nursing; taking any medication; have a medical condition, consult your doctor before using this product. Keep out of reach of children. Do not use if safety seal is broken or missing.

	AM	PM
Option A	2 Caps ZenBiome Cope™	--
Option B	1 Cap ZenBiome Cope™	1 Cap ZenBiome Sleep™
Option C	--	2 Caps ZenBiome Sleep™

## References:

- 1) <https://www.stress.org/daily-life>
- 2) <https://www.apa.org/monitor/feb08/atleystone>
- 3) <https://pubmed.ncbi.nlm.nih.gov/28053341/>
- 4) <https://pubmed.ncbi.nlm.nih.gov/21167932/>
- 5) <https://www.nature.com/articles/tp2016191>
- 6) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5661633/>
- 7) <https://pubmed.ncbi.nlm.nih.gov/27801892/>
- 8) <https://pubmed.ncbi.nlm.nih.gov/25794930/>
- 9) <https://www.nature.com/articles/tp2016191>
- 10) <https://pubmed.ncbi.nlm.nih.gov/25251188/>
- 11) <https://pubmed.ncbi.nlm.nih.gov/25251188/>
- 12) <https://journals.biologists.com/jeb/article/217/8/1407/13134/Stress-inhibition-of-melatonin-synthesis-in-the>

\*\*These statements have not been evaluated by the Food and Drug Administration (FDA). This product is not intended to diagnose, treat, cure, or prevent any disease.