

ZENBIOME™ SLEEP

Occasional sleeplessness and stress often adversely impact a person's lifestyle. Stress is a modern-day epidemic that can interfere with good sleep quality. Many people seek interventions to help overcome occasional sleep challenges. Most report that their stress levels worsen when the length and quality of sleep decrease. Zenbiome™ Sleep is uniquely formulated with *Bifidobacterium longum* 1714™ to target the gut-brain axis for support in overcoming occasional sleeplessness, feelings of relaxation and reducing tension. An innovative evening probiotic, Zenbiome™ Sleep is a novel concept in providing sleep support by targeting the gut.

The Gut-Brain Axis, the Psychobiome & Psychobiotic 1714™

The gut-brain axis is a bidirectional communication pathway between gut microbiota and the central nervous system (CNS) that significantly supports cognitive function, digestion, mood and sleep quality. A diverse and balanced microbiome can help maintain a healthy gut-brain axis. "Psychobiome" describes the interaction between a person's collective microbiome and mental state. A "psychobiotic" is a type of commensal probiotic bacteria that impacts the gut-brain axis and supports brain function.

Bifidobacterium longum 1714™ is the trail-blazing psychobiotic biotechnology in ZenBiome™ Sleep that may provide support for overcoming occasional sleeplessness. Psychobiotic 1714™ may support healthy cognitive function, cognitive process, nerve function and an overall feeling of well-being. ZenBiome Sleep™ supports calmness to reset the natural sleep cycle and maintain vitality. ZenBiome Sleep™ also supports feelings of drowsiness and alpha brain waves.



Scan this code to learn more
about ZenBiome Sleep



Key Benefits & Features

- Helps overcome occasional sleeplessness
- Supports the gut-brain axis
- Supports feelings of relaxation
- Maintains energy and vitality
- Supports alpha brain waves
- Helps overcome occasional sleep cycle disruptions
- Supports tension reduction

BIFIDOBACTERIUM LONGUM (1714™)

A high potency psychobiotic, 1714™ helps support the body's response to occasional sleeplessness and stress. This strain helps support HPA axis and cognitive function and maintains cortisol levels already within a normal range. In studies, it also helped support memory function.

L-THEANINE

L-theanine found in high concentrations in green tea may help maintain serotonin, GABA and dopamine levels already within a normal range. It can also maintain a calming effect and support alpha brain waves.

LEMON BALM EXTRACT

This perennial herb in the mint family may support relaxation and help overcome an occasional inability to fall asleep. Lemon balm can also help calm occasional nervousness and excitability, further supporting mood.

**ZENBIOME™
COPE**

Zenbiome™ Cope is Zenbiome™ Sleep's sister supplement in Microbiome Labs' Zenbiome™ psychobiotic Cognitive Support collection. Zenbiome™ Cope is designed to help clients better handle life's occasional stressors. Zenbiome™ Cope is formulated to provide targeted support for coping with day-to-day stressors and mood changes. Zenbiome™ Cope and Zenbiome™ Sleep were designed to be taken together - a brand new concept for mood and sleep support.

SUPPLEMENT FACTS

Serving Size 1 Capsule
Servings Per Container 30

Amount Per Serving	% Daily Value
<i>Bifidobacterium longum</i> 1714™* At time of manufacturing	50 mg 5B CFU
Lemon balm leaf extract (<i>Melissa officinalis</i> L.)	200 mg †
L-theanine	200 mg †

† Daily values not established.

OTHER INGREDIENTS: Cellulose, vegetable capsule (cellulose and water).

SUGGESTED USE: Ages 8+

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



*1714™ is a trademark of PrecisionBiotics Group Ltd.

1. Allen, A.P., et al. (2016). <https://doi.org/10.1038/tp.2016.191>. 2. Dinan, T.G., et al. (2017). <https://doi.org/10.1038/nrgastro.2016.200>. 3. Liu, T., et al. (2017). <https://doi.org/10.1038/sigtrans.2017.23> 4. López-Patiño, M.A., et al. (2014). <https://doi.org/10.1242/jeb.087916>. 5. Ruffoli, R., et al. (2011). <https://doi.org/10.1016/j.jchemneu.2010.12.002>. 6. Savignac, H.M., et al. (2014). <https://doi.org/10.1111/nmo.12427>. 7. Savignac, H.M., et al. (2015). <https://doi.org/10.1016/j.bbr.2015.02.044>.

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Want to learn more? Contact us

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**Food supplements
should not be used as
a substitute for a healthy
diet and lifestyle.**