

Drink

# Probiotic Supplement Anti-anxiety



## Supplement Fact



「Lactobacillus paracasei」  
R3-10



「Lactobacillus plantarum」  
P-8



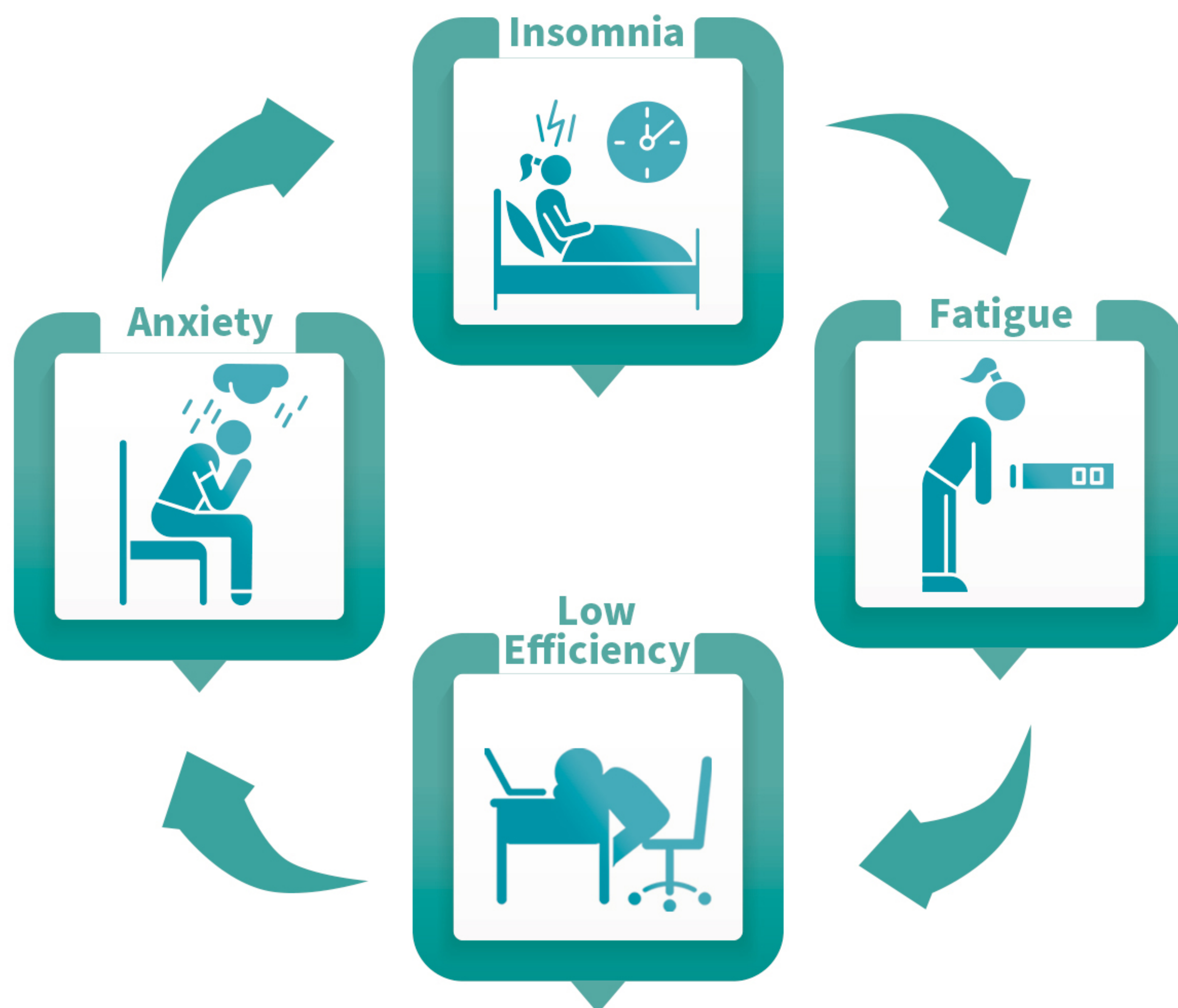
「γ-aminobutyric acid」  
Lp05



「Phosphatidylserine」

## Mechanism

- ✓ Relieve anxiety
- ✓ Deepen sleep
- ✓ Improve memory and dementia, etc



## Intended for

People with insomnia, anxiety, depression, autism, senile dementia, except for infants and young children.





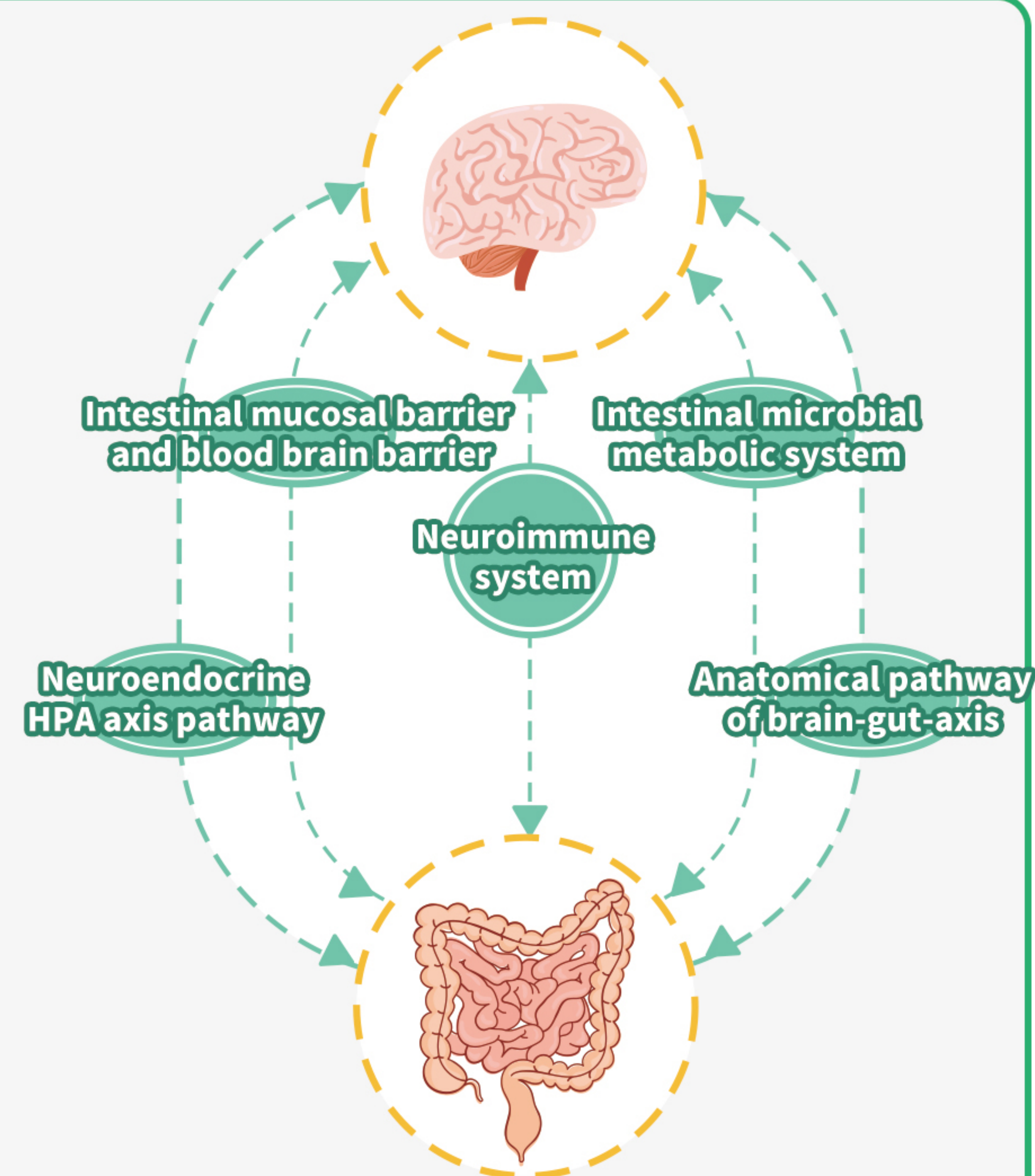
# Mechanism

Brain-gut-axis is a two-way channel connecting the intestine and the brain

## ■ Theory of brain-gut-axis

Lots of neurotransmitters are produced in the intestine. Once intestinal flora is out of balance, it will lead to problems such as reduce of neurotransmitters, like serotonin, dopamine, GABA, which leads to many effects on emotion and behavior.

Beneficial bacteria in intestine can also synthesize nutrients, which are needed by nerve cells, such as vitamin B12 and folic acid.

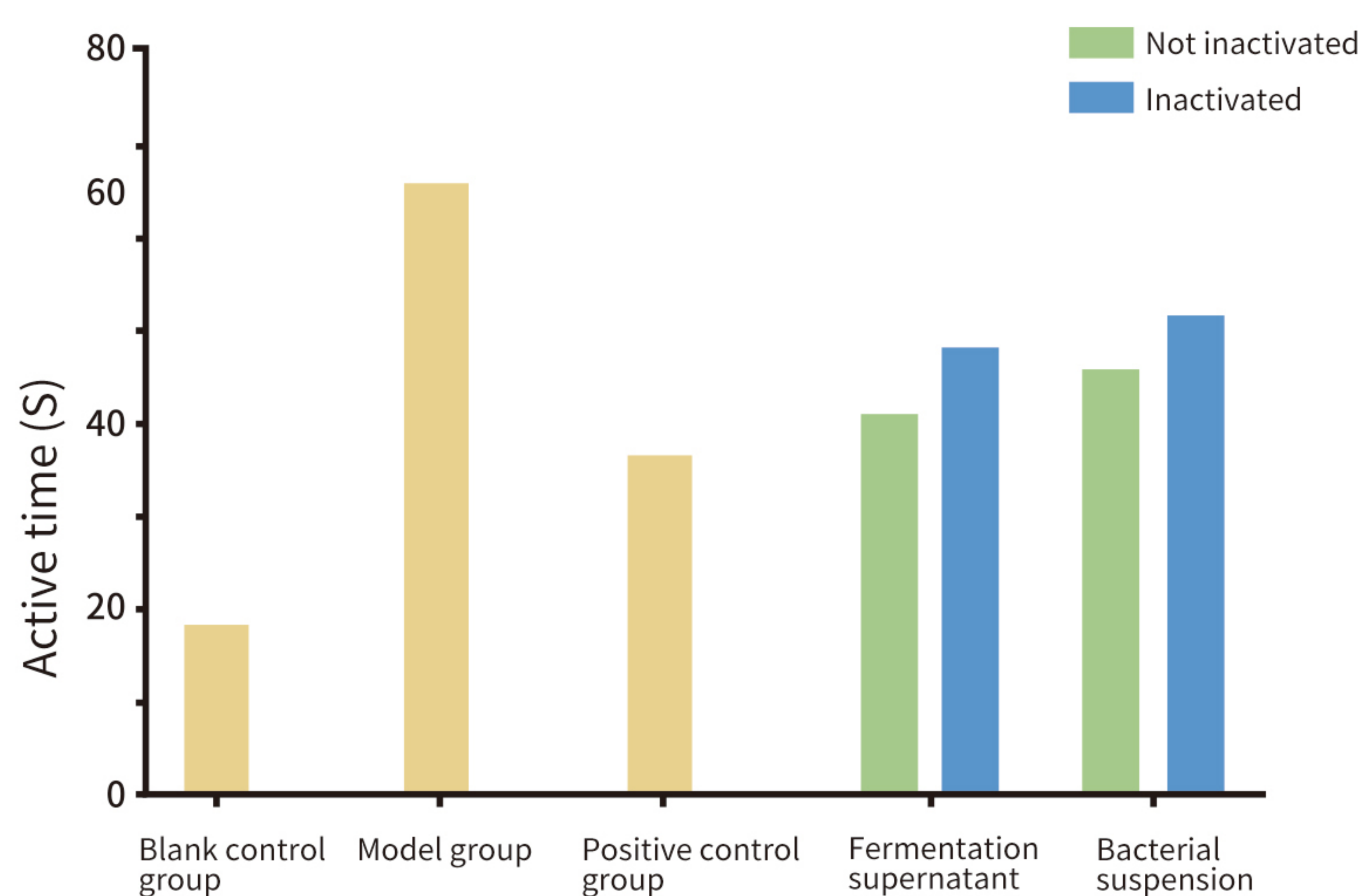
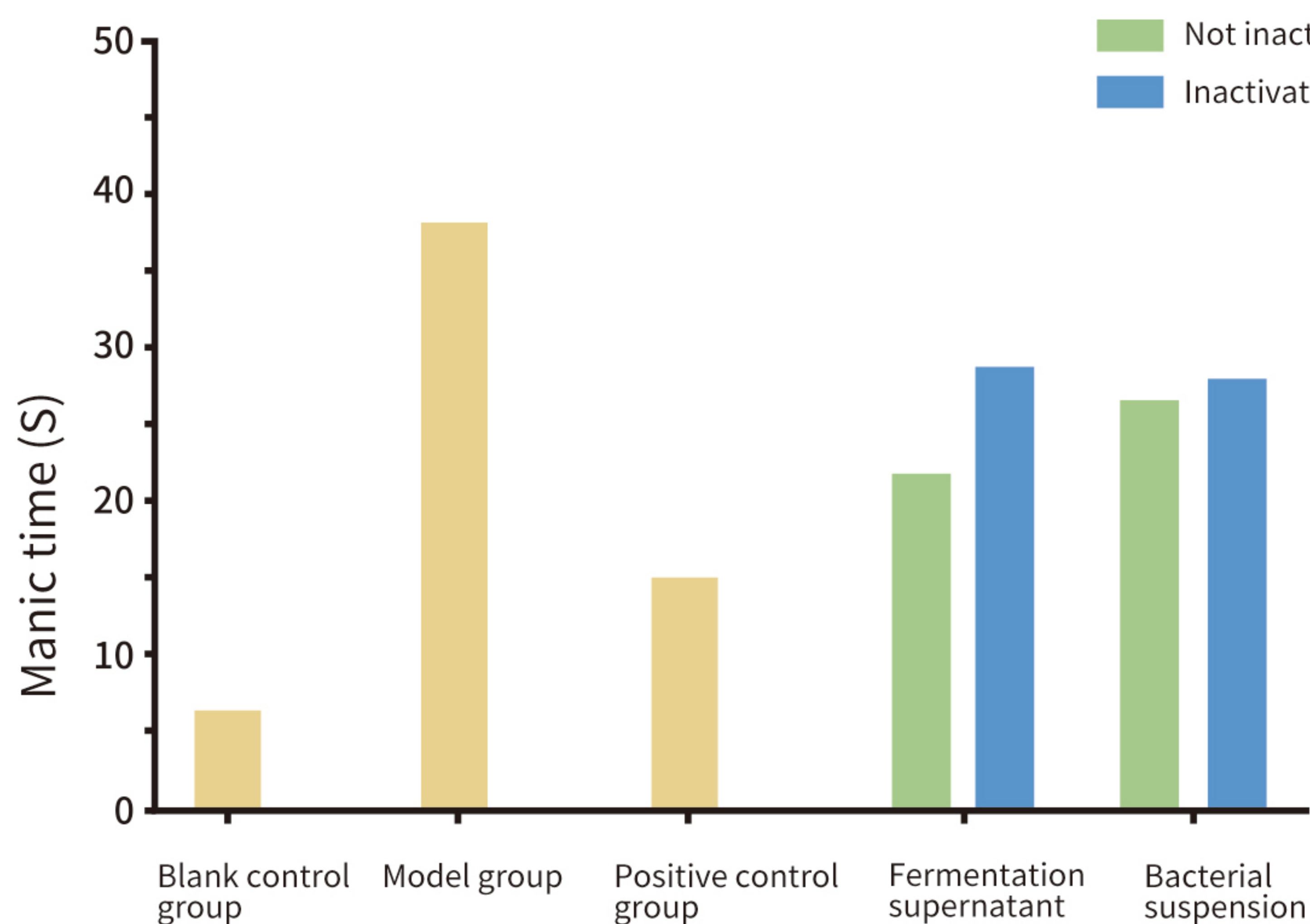


Schematic diagram of interaction pathway of microbiota brain-gut-axis

# Specific strains affect concentration and mood

Specific strains will release neurotransmitter molecules, such as GABA, dopamine, serotonin, that stimulate vagus nerve, affect communication between gut and brain, and directly affect brain relaxation and emotional relief

## Lactobacillus paracasei R3-10



It can be seen from the above figure that LP. R3-10 can significantly reduce the manic time and wandering time of zebrafish, which shows that the strain has the effect of relieving anxiety.

## Lactobacillus plantarum P-8

Plasma parameter	Women			Men			All subjects		
	P8	Placebo	P-value	P8	Placebo	P-value	P8	Placebo	P-value
Changes over 12-weeks									
Cortisol (ug/dl)	-3.01 ± 11.46	0.89 ± 8.29	0.097	-3.03 ± 4.35	-1.51 ± 9.19	0.612	-3.01 ± 10.19	0.27 ± 8.49	0.090
IFN-γ (pg/ml)	-0.47 ± 2.47	8.54 ± 12.20	<0.001*	-1.11 ± 4.35	4.40 ± 4.91	0.008*	-0.62 ± 2.98	7.46 ± 10.88	<0.001*
IL-10 (pg/ml)	0.85 ± 4.56	1.23 ± 7.29	0.784	2.81 ± 9.45	2.01 ± 5.60	0.802	1.31 ± 6.01	1.44 ± 6.84	0.924
IL-1β (pg/ml)	-1.52 ± 8.13	0.84 ± 1.12	0.097	-0.18 ± 0.95	-1.40 ± 8.03	0.610	-1.21 ± 7.13	0.26 ± 4.20	0.228
IL-4 (pg/ml)	5.22 ± 15.65	3.47 ± 10.59	0.583	9.51 ± 29.45	7.98 ± 19.86	0.883	6.23 ± 19.50	4.65 ± 13.51	0.646
TNF-α (pg/ml)	0.06 ± 1.02	1.75 ± 1.84	<0.001*	0.53 ± 1.94	1.53 ± 1.74	0.196	0.17 ± 1.29	1.69 ± 1.80	<0.001*

Results are expressed as mean ± SEM; n = 103. \*P < 0.05.

Clinical research shows that, compared with placebo, taking Lactobacillus plantarum P-8 can effectively relieve anxiety and stress, and also regulate the immune ability.



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