

Natural solution to relieve stress


cyracos[®]
Balance your life



NATlife[™] 

Natural solution to relieve stress

Market opportunities

In our modern society, the amount of people affected by **stress is taking epidemic proportions**. Today, stress is recognized as a worldwide **public health problem** having major consequences on the quality of life and well-being. The World Health Organization (WHO) reports about 450 million people concerned by stress worldwide representing an estimated cost of €265 billion in Europe and more than \$200 billion in the United-States.

Further to this report, consumers are today more than ever in search for both natural and efficient products with no side effects nor risk of dependency.

Why lemon balm?

In response to the increasingly growing demand, many studies conducted in the phytotherapy arena have tried to identify the plants presenting the best soothing and antistress qualities. Several comparative trials have shown the significant **relaxing properties of lemon balm** and demonstrated its superior effectiveness at lower doses when compared to valerian and passion flower - two of the most utilized plants in sedative pharmaceutical applications.

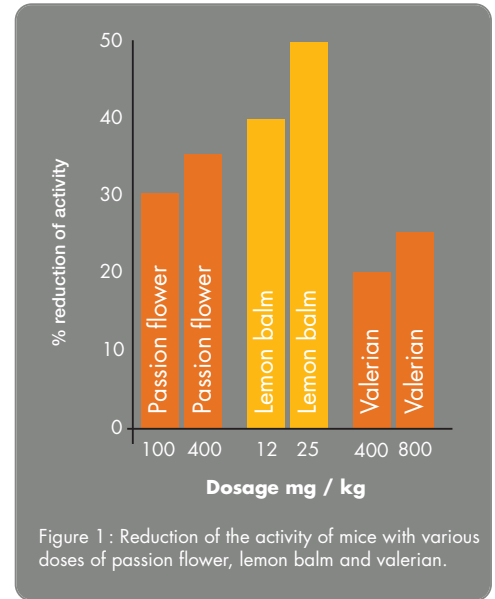
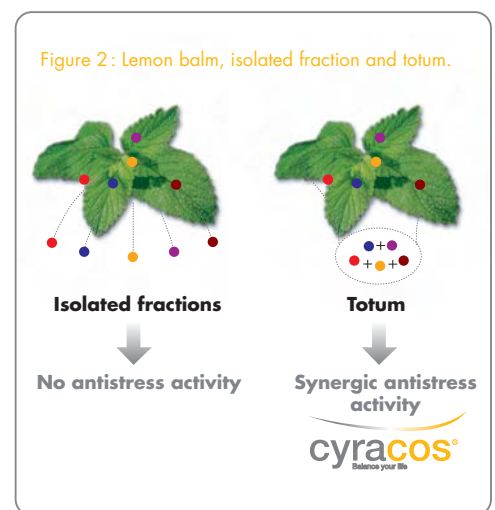


Figure 1 : Reduction of the activity of mice with various doses of passion flower, lemon balm and valerian.

Synergic totum*

Many studies have tried to identify the active compounds in lemon balm providing the sedative activity. However, scientists have noticed that, when isolated fractions are separated, they tend to lose their activity. These results are a major breakthrough in this field since they underline **the importance to preserve the totum** of the plant to maintain its **synergic activity**. Scientific publications having investigated lemon balm active compounds did not allow to identify any specific molecule or family of molecules having the antistress activity. All the studies came to the same conclusion: the antistress activity of lemon balm appears to be linked to the totum of the plant and not from isolated fractions or molecules.

Cyracos® has been developed with the aim to preserve this synergic totum.



* The totum in phytotherapy is the total composition of the plant in active compounds.

Premium characteristics

- Native extract**
- Synergic totum**
- Culture control**
- Selected botanical variety**

To guarantee the best quality of Cyracos®, Naturex supervises closely its own cultures of selected botanical varieties of lemon balm (*Melissa officinalis* L.). The traditional process has been specifically developed to preserve the totum of lemon balm aerial parts (see opposite HPLC profile).

Cyracos® is standardized in total hydroxycinnamic acids and rosmarinic acid as quality tracers. These molecules are also recognized by the scientific community for their health benefits.

Cyracos® composition

Total hydroxycinnamic acids between 14 and 25%
 Rosmarinic acid between 7 and 15%

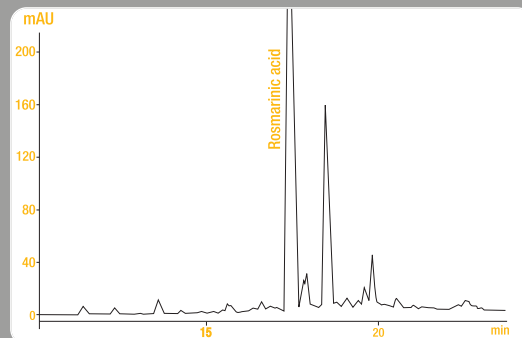


Figure 3 : Example of Cyracos® HPLC profile.

Scientific evidence

To ensure the synergic totum of lemon balm is preserved during process, the antistress activity of Cyracos® has been measured in humans using 3 main families of parameters: stress manifestations, stress-associated symptoms and sleeping disorders.

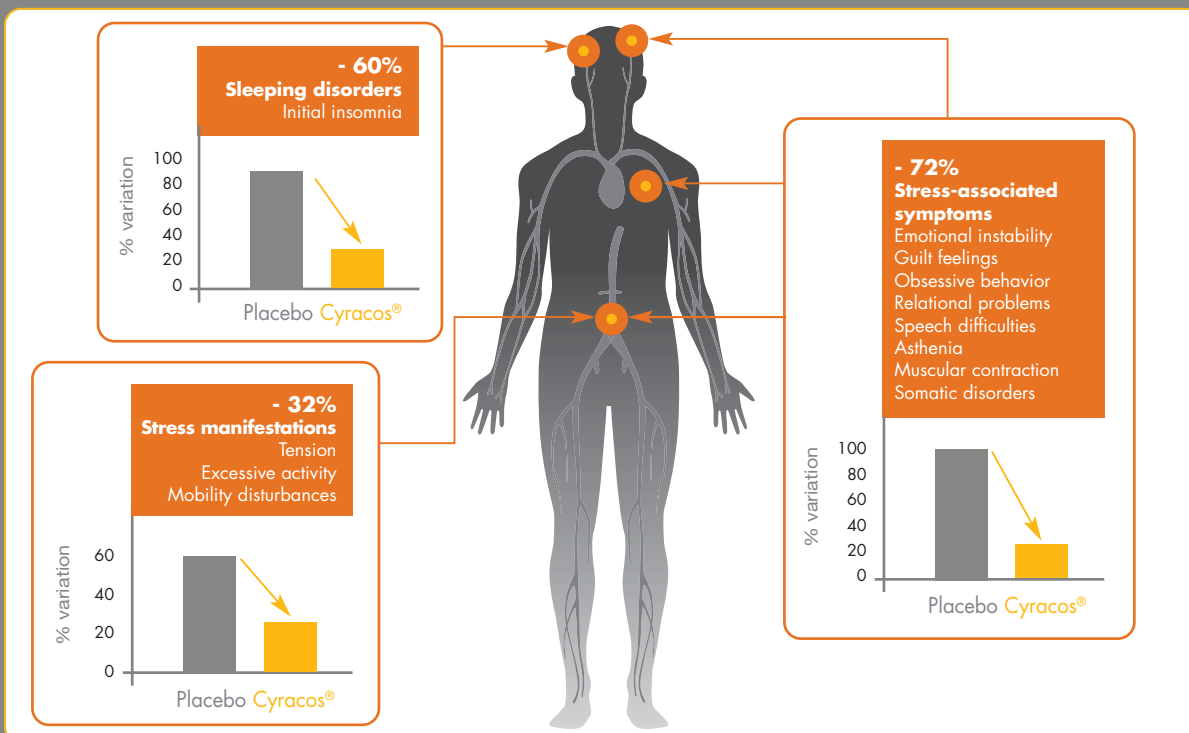
Randomized double-blind, placebo controlled clinical study

After only 2 weeks of supplementation, 600 mg per day of Cyracos®:

- Reduces manifestations of stress by 32%;
- Reduces stress-associated symptoms by 72%;
- Reduces falling asleep difficulties by 60%.

These results confirm that Cyracos® composition preserves the synergic totum of lemon balm.

No side effects, especially on diurnal drowsiness, have been reported.





In response to the growing phenomenon that is stress, Cyracos® naturally helps your consumers to fight against daily stress. Based on clinical results, Cyracos® can reduce stress manifestations and associated symptoms after only 2 weeks of supplementation.

The efficiency of Cyracos® is ensured by the synergic totum – active compounds contained in the plant – extracted from lemon balm aerial parts using a traditional process and by controlling the culture of selected botanical varieties.

Commercial name	Cyracos®	www.cyracos.com
Complete name	Lemon balm aerial parts extract > <i>Melissa officinalis</i> L.	
Appearance	Orange to brown fine powder	
Quality tracers	Total hydroxycinnamic acids Rosmarinic acid	between 14 and 25% between 7 and 15%
Scientific results	<p>Randomized, double-blind, placebo controlled clinical study</p> <p>After only 2 weeks of supplementation, 600 mg per day of Cyracos®:</p> <ul style="list-style-type: none"> - Reduces manifestations of stress by 32%; - Reduces stress-associated symptoms by 72%; - Reduces falling asleep difficulties by 60%. <p>These results confirm that Cyracos®' composition preserves the synergic totum of lemon balm aerial parts.</p> <p>No side effects, especially on diurnal drowsiness, have been reported.</p>	
Lifestyle	> Relaxed urban Lifestyle	
Claims	> Reduces stress and associated symptoms by inducing relaxation > Promotes sleep by inducing relaxation	
Recommended dosage	600 mg / day in one or more doses	
Other applications	Sleep-Aids, Quit-smoking, Digestive disorders, Skin problems	
Safety & quality	<p>No side effects have been reported in the clinical study.</p> <p>No risks have been identified in the usual toxicological tests.</p> <p>Cyracos® is a 100% guaranteed plant extract which conforms to current European standards regarding the absence of GMO, allergens, pesticides, heavy metals, aflatoxins and ochratoxin A. The microbiologic tests comply with current Eur. Ph. 5.1.4.</p>	



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