

The Path to Zerenity™

A clinically studied, natural approach to stress, mood and cognitive wellbeing.

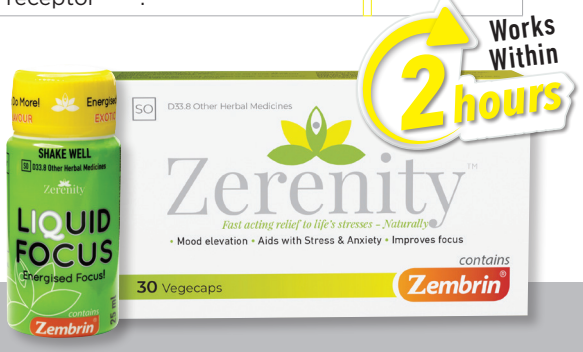
WHAT MAKES Zerenity™ ZEMBRIN® DIFFERENT TO OTHER MENTAL WELLNESS INGREDIENTS?

INGREDIENT	DOSE	MECHANISM OF ACTION	ONSET
Zembrin®	**25 mg**	**Neurotransmitter support** • phosphodiesterase-4 (PDE4) and serotonin (5-HT) reuptake inhibition.[30] **Impact on the amygdala (stress centre of the brain).**	**2 hours**
5-HTP	150 mg - 800 mg	**Neurotransmitter support** • increases the production of serotonin by the central nervous system[35].	Unknown
American Ginseng (Ceraboost)	200 mg	**Enhances acetylcholine levels while also providing neuroprotective benefits.** [36]	Weeks to Months
Ashwagandha	125 mg - 600 mg	**Adaptogenic | Neurotransmitter support** • suppresses stress-induced increases of dopamine receptors in the corpus striatum of the brain[37] • enhances serotonergic transmission through modulation of the postsynaptic serotonin (5-HT) receptors[38].	Weeks to Months
Bacopa	300 mg	**Adaptogenic | Neurotransmitter support** • inhibits acetylcholinesterase activity[39].	Weeks to Months
GABA	100 mg - 200 mg up to 3 x per day	**Exerts both sedative and anxiolytic effects**[41,42] • effects at the cellular level.	1-2 hours
Holy Basil	500 mg	**Adaptogenic**	Weeks to Months
L-Theanine	50 mg - 200 mg	**Inhibits glutamate reuptake**[43] | **Glutamate receptor antagonist** • has effects on glutamate receptors and the possibility it increases inhibitory neurotransmitters such as glycine or gamma-aminobutyric acid (GABA)[44]. • inhibits the reuptake of glutamate[43] and is a glutamate receptor antagonist in the hippocampus.[45]	8-10 hours
Lactium®	150 mg - 300 mg	**Neurotransmitter support** • stimulates activity of the GABA neurotransmitters.[46]	7 - 15 days
Lemon Balm	Limited Research	**Unknown MOA** • Clinical research suggests that lemon balm induces a calming effect and reduces alertness.[47]	Unknown
Lion's Mane	Limited Research	**Unknown MOA** • Lion's Mane mushroom improved recognition memory, but not spatial working memory[48] • neuroprotective effect[49]	Unknown
Reishi	1000 mg 3 x per day	**Unknown MOA** • reduce stress, improve sleep, boost mood and mental focus [50,51]	Weeks to Months
Rhodiola	340 mg	**Adaptogenic and supports the neurotransmitters involved in the stress response by the nervous system**[52-54].	Weeks to Months
Sage	333 mg - 400 mg	**Anticholinesterase activity and butyrylcholinesterase** [55,56]	1-2 hours
Saffron	28 mg - 30 mg	**Supports the balance of neurotransmitters involved in the stress response by the nervous system:** • inhibits reuptake of dopamine, norepinephrine, and serotonin.[57-58]	1-2 hours
Valerian	300 mg - 600 mg	**Neurotransmitter support** • impacts on GABA and serotonin receptors. May bind directly to the GABA-a receptor [59-60].	1-2 hours

CLINICAL STUDIES

Eight pilot, double-blind, placebo-controlled clinical studies in healthy people have been completed and published, paving the way for future larger clinical trials in patient populations.

- Positive effects on wellbeing were noted by participants taking Zembrin®, including improved coping with stress, anxiety and mood disorders.
- Zembrin® has been proven to positively impact the electrical activity of the brain only two hours after ingestion and significantly improve key cognitive domains i.e. cognitive flexibility and executive function
- In a groundbreaking pharmaco-functional magnetic resonance imaging (fMRI) study, Zembrin® was found to have significant anti-anxiety activity after a single dose.



GRACE PHARMACEUTICALS