

# SIRIO

## Mental Wellbeing Mood and Cognition Boost

### Hops

(*Humulus lupulus L.*)

- ✓ One of the primary ingredients of beer that confers flavor, aroma and stabilizes the foam.<sup>1</sup>
- ✓ Historically used for its sedative, gastrointestinal and anti-inflammatory effects.<sup>1</sup>



### Studied benefits of Hops

*Clinical studies on healthy adults*

#### Improves mood state

- ✓ Decreases daily feelings of anxiety, depression and stress<sup>2-5</sup>
- ✓ Balances levels of stress markers<sup>3</sup>

#### Reduces feelings of mental fatigue

- ✓ Enhances attention<sup>3-4</sup>
- ✓ Reduces feelings of fatigue and drowsiness<sup>3,4</sup>

#### Improves cognition

- ✓ Reduces forgetfulness<sup>3,4</sup>
- ✓ Enhances verbal fluency<sup>3,4</sup>

#### Promotes sleep

- ✓ Reduces sleep latency<sup>6</sup>
- ✓ Reduces sleep disturbances<sup>7</sup>



**75 %**

of adult people today suffer from a lack of concentration or mental focus.<sup>8</sup>

**66%**

of these consumers suffer from general forgetfulness or periods of memory loss.<sup>8</sup>

A daily boosting softgel for a fresh and revived mind

### Formulation example:

- **Hops flower extract** (85 mg Lifenol)
- **Pantothenic acid** (vitamin B5)
- **Linseed oil**, rich in omega-3 (ALA)

- ✓ Native Hops extract
- ✓ All-natural
- ✓ GMO-free



Contributes to

**normal mental performance,  
reduction of tiredness and fatigue.**

(EFSA health claims for vitamin B5)

Capsule

- Gelatin: bovine
- Shape: 5 oval
- Color: green opaque

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## Hops & Hempseed oil Mood and Cognition Boost



### Softgel key benefits

- ✓ Single dose
- ✓ High compliance rate
- ✓ Premium quality ingredients
- ✓ High bioavailability
- ✓ Fill protected from oxidation and degradation
- ✓ Excellent dose uniformity
- ✓ Easy to swallow



Made in Germany  
Manufacturing site **pharma GMP, US-FDA, IFS, BRC, EU Organic, MSC, FOS, Feed certified**  
For more information, please visit our website: [sirio-europe.com](http://sirio-europe.com)

Market launch is subject to local regulatory requirements

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