

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 reaching epidemic proportions**. Today, stress is recognized as a worldwide **public health problem**, which can have major effects on people's quality of life and well-being. The World Health Organization (WHO) reports that approximately 450 million people worldwide are concerned with stress. It has been estimated that the cost of stress could be as high as € 265 billion in Europe and more than \$200 billion in the United States.

Today's consumers are more than ever in search of both natural and efficient products that have no detrimental side effects and no risk of inducing dependency.



Why lemon balm?

In response to the increasing demand for natural and efficient products, many studies in the phytotherapy arena have tried to identify which plants have the best soothing and anti-stress properties. It has been established that Lemon Balm increases the GABA levels in the brain, GABA is the neurotransmitter that helps to manage stress.

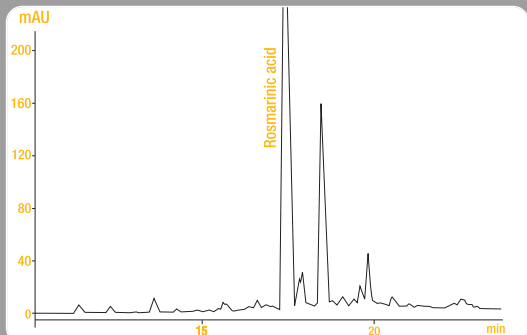
Premium characteristics

- ✓ 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%



Example of Cyracos[®] HPLC profile.

Synergic totum*

Many studies have tried to identify the active compounds in lemon balm providing the anti-stress 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 of preserving the totum** of the plant to maintain its **synergic activity**. It is only recently that rosmarinic acid and triterpenoids have been found to have a positive effect on GABA. There are probably other unidentified molecules in the totum.

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.

The claims have not been evaluated by regulatory authorities. This product is not intended to diagnose, treat, cure or prevent any disease.

Scientific evidence

The anti-stress activity of Cyracos® has been measured in humans by evaluating clinical symptoms associated with anxiety: anxiety manifestations, anxiety-associated symptoms and sleeping disorders.

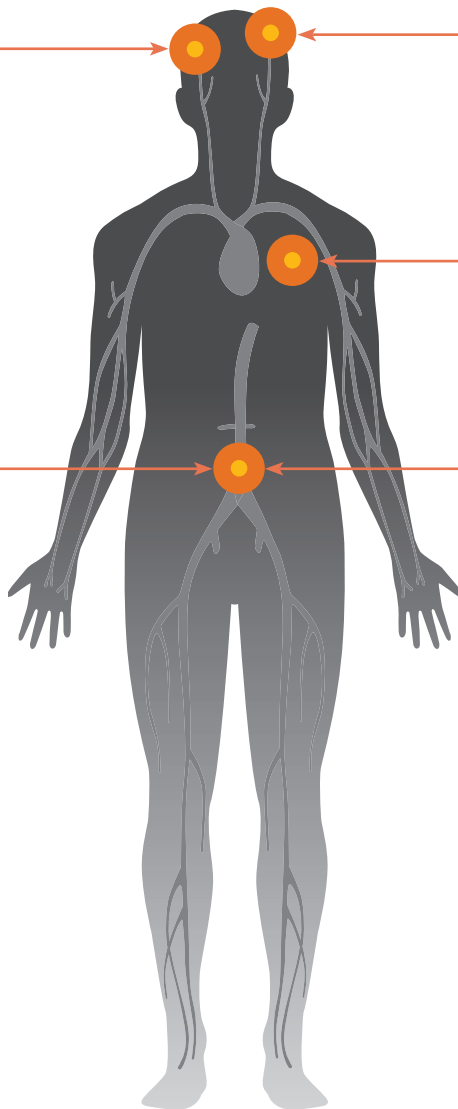
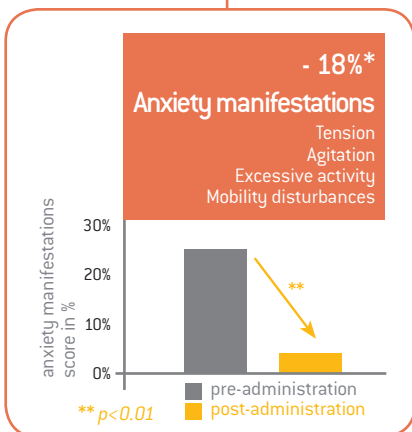
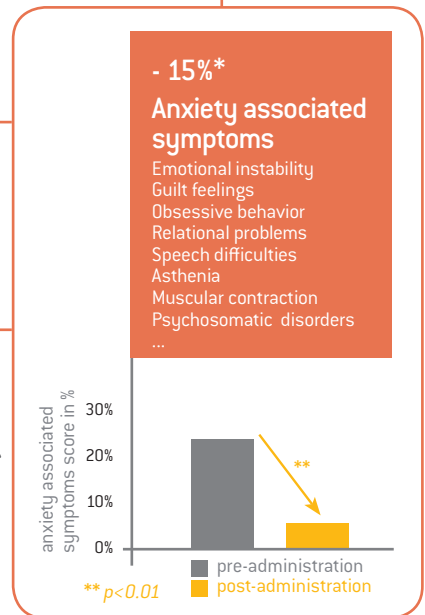
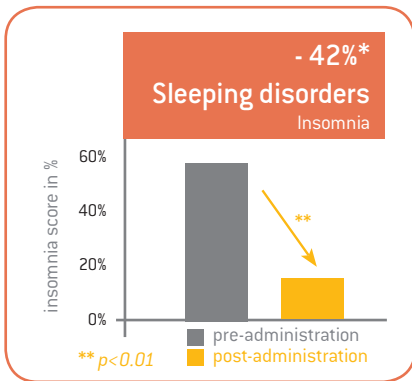
Prospective open-label pilot trial

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

- Reduces manifestations of stress by 18%*;
- Reduces stress-associated symptoms by 15%*;
- Reduces sleeping difficulties by 42%*.

Cyracos® significantly reduces stress levels and alleviates sleeping difficulties after 2 weeks supplementation.

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



*absolute reduction



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.

Extracted from lemon balm aerial parts, Cyracos® is manufactured by using a traditional process that has been specifically developed to preserve the totum of lemon balm aerial parts. Thus ensuring the efficiency of Cyracos®.

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 between 14 and 25% Rosmarinic acid between 7 and 15%
Scientific results	Prospective open-label pilot trial After only 2 weeks of supplementation, 600 mg per day of Cyracos®: <ul style="list-style-type: none"> • Reduces manifestations of stress by 18%*; • Reduces stress-associated symptoms by 15%*; • Reduces sleeping difficulties by 42%*. Cyracos® significantly reduces stress levels and alleviates sleeping difficulties after 2 weeks supplementation No side effects, especially on diurnal drowsiness, have been reported. * absolute reduction
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	No side effects have been reported in the clinical study. No risks have been identified in the usual toxicological tests. 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.

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