




**Lactium**

**Inner peace**  
**Outer strength**





"Without stress,  
there would be  
no life\*"

**Stress is the natural reaction of the body and the mind to everyday tension and pressure.**

If stress gives us the vitality to move forward, too much stress can be detrimental to action and performance. Level of stress differ for each of us and stress can cause diseases such as obesity, heart conditions... Thus, it is necessary to regulate stress related symptoms with a good stress management.

*\*Hans Selye*

## Lactium<sup>®</sup>, a natural and unique answer for stress management

Lactium<sup>®</sup> is a **milk protein hydrolysate** which contains a **bioactive decapeptide** with **soothing properties**. The peptide, also called **α-casozepine**, is obtained from a milk protein thanks to a food grade tryptic hydrolysis.

Lactium<sup>®</sup> **decreases stress-related symptoms** and helps to cope with occasional and everyday stress. Lactium<sup>®</sup> is already used by millions of consumers all over the world who want to **regulate their chronic stress** symptoms (snacking,

loss of appetite, sleep disorders, pressure...), to **face very stressful periods** of life (exams, tobacco withdrawal...) or **optimize general well-being** (immunity increase, energy and balance,...).

Lactium<sup>®</sup> is a **natural bioactive** without any toxicity or side effects - drowsiness, habituation, memory loss, sedation or addiction.

It can be **used by each and every member of a family** with an appropriate dosage.

### Inspired by babies

Lactium<sup>®</sup> was discovered thanks to the observation of **the calm state of a baby after drinking milk**. The bioactive is the result of more than **10 years of research and development!**

## Lactium<sup>®</sup>, a food grade and clean label ingredient for numerous applications



### Food grade ingredient

recognized by authorities  
in different countries  
(Europe, US, China...).



### Clear and clean labelling

"milk protein hydrolysate"  
(Europe, China) or  
"casein hydrolysate" (US).



### Easy incorporation

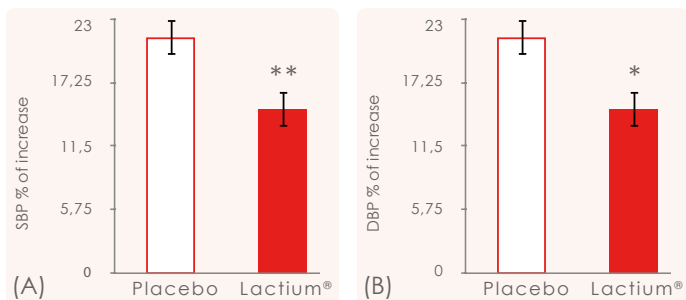
in functional foods and  
beverages or dietary  
supplements, thanks to high  
functional properties.

# Lactium<sup>®</sup>, clinically proven to reduce stress-related symptoms

**9 clinical studies**, carried out with more than 500 healthy volunteers, have proven the efficacy of Lactium<sup>®</sup> to decrease and modulate stress and stress-related symptoms.

## Proven efficacy on physiological response to induced stress

1200 mg of Lactium<sup>®</sup> within 2 days prior to a moderate stress caused by a psychological test followed by a physical test.



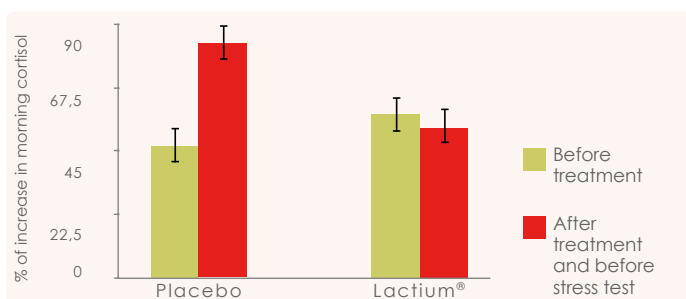
Systolic and diastolic blood pressure levels were significantly reduced with Lactium<sup>®</sup> after a stress test compared to placebo. Lactium<sup>®</sup> has an anti-stress effect at 1200 mg over 2 days (equivalent of 600 mg/day).

Messaoudi M. et al. Eur J Nutr 2004, 44(2):128-32.

Increase of Systolic Blood Pressure (SBP) (A) and Diastolic Blood Pressure (DBP) (B) during the Stroop test. Mean data  $\pm$  SEM. \*\*  $p < 0.01$ ; \*  $p < 0.05$  (Lactium<sup>®</sup> vs. placebo)

## Proven efficacy on physiological response

300 mg/day of Lactium<sup>®</sup> during 30 days.

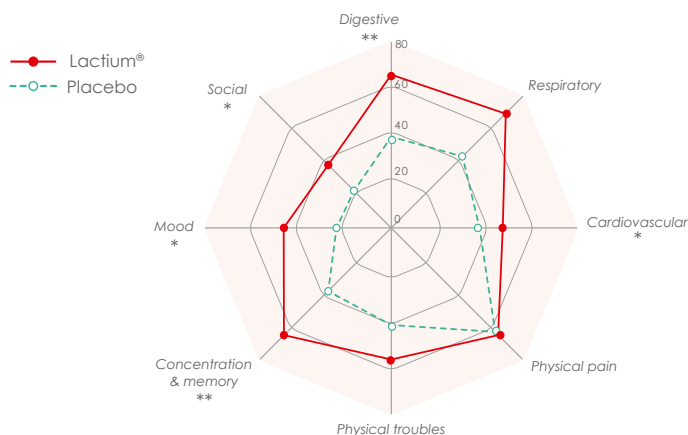


Lactium<sup>®</sup> reduces the overall increase of cortisol at awakening, a well-known bio-marker for chronic stress.

Non-published, 2017

## Proven efficacy on psychological response to chronic stress

150 mg/day of Lactium<sup>®</sup> during 30 days upon stressed women.



Lactium<sup>®</sup> significantly reduces perceived stress among stressed women after 30 days of Lactium<sup>®</sup> supplementation at 150 mg/day.

Percentage of improvement of the major symptoms from day 0 to day 30. Mean data. \*  $p < 0.05$ ; \*\*  $p < 0.01$  (Lactium<sup>®</sup> vs placebo)

Kim J.H et al, Eur J Clin.2007; 61(4) :536-41

## 8 consumers in 10 satisfied by Lactium<sup>®</sup>

A recent study on **338 consumers** at a **300 mg** dose for **30 days** showed **8 in 10** were satisfied by the efficacy of Lactium<sup>®</sup> (Mérieux Nutrisciences, 2021).

Overall, 3 dosages are possible for adults:

- 150 mg/day during 30 days
- 300 mg/day during 15-30 days according to stress level
- 600 mg/day during 2 days (one day prior + day of stressful event)

## Lactium<sup>®</sup>

A unique bioactive

An innovation born from more than 10 years of research

9 clinical studies and 1 consumer study

Proven efficacy on stress management and its symptoms

Without side effects

## CONTACT US

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& Latin America:**  
[www.ingredia.com](http://www.ingredia.com)

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[www.ingredia-usa.com](http://www.ingredia-usa.com)

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