

HOLIXER™

Stress Less | Find calm | Sleep sound



Holixer™ is a clinically validated extract of Holy Basil (*Ocimum tenuiflorum*), designed to alleviate stress and enhance sleep quality.

Developed from proprietary Bioactive Optimization Technology™



Optimized Bioactive
Chemistry



Bioactives
Enhancement



Ocimum-Bioactive
Complex (OBC)

Evidence-Based Results for STRESS



EVALUATION:

PSS, VAS, Hair & Salivary cortisol, salivary alpha-amylase, Blood Pressure



PARTICIPANTS

100 volunteers (n=50 in each group)



CONDITION

Healthy Participants with Stress and Sleep Problems



DOSE

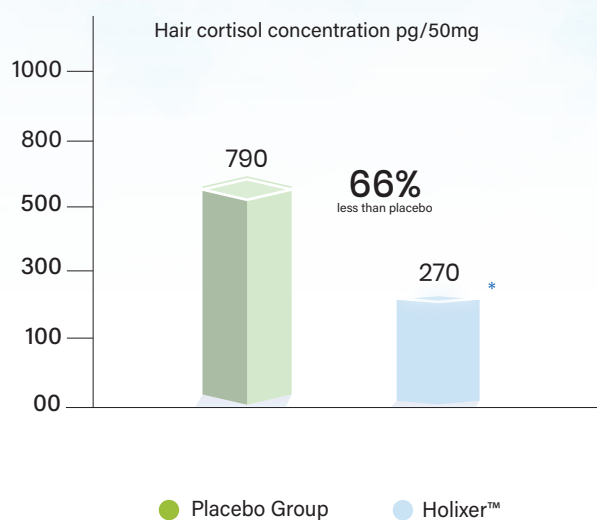
250 mg/day



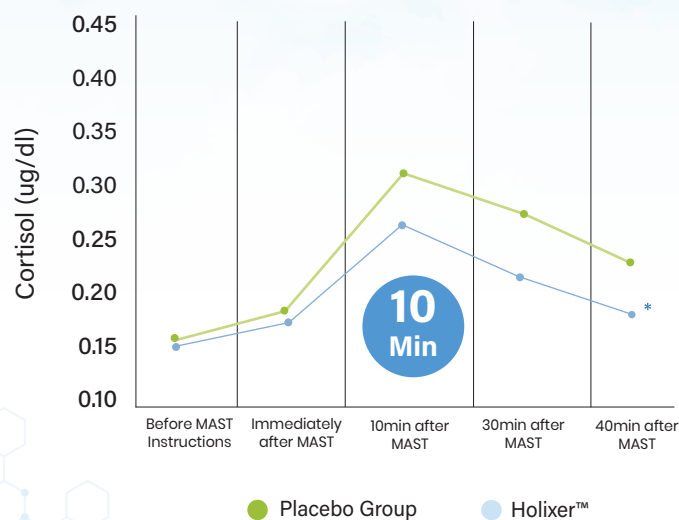
DURATION

8 Weeks

● Everyday stress: Holixer™ on Hair cortisol concentration



● Acute Stress MAST - (Maastricht Acute Stress Test): Holixer™ on salivary cortisol



Study outcomes

- ✓ Holixer™ reduced perceived stress score by 37%.
- ✓ Significantly lowered hair cortisol Vs placebo.
- ✓ Managed acute stress effectively within 10 minutes and so on.
- ✓ Salivary cortisol level increase post stress is 113% in Holixer™ vs 163% in placebo.
- ✓ Significant reduction in salivary alpha-amylase within 10 minutes.
- ✓ Helped control stress-induced blood pressure spikes.



Evidence-Based Results for SLEEP



EVALUATION

Study 1. AIS
Study 2. Nocturnal Polysomnography



PARTICIPANTS

Study 1. 100 subjects
Study 2. 70 subjects



CONDITION

Adults with moderate perceived stress and sleep problems



DOSE

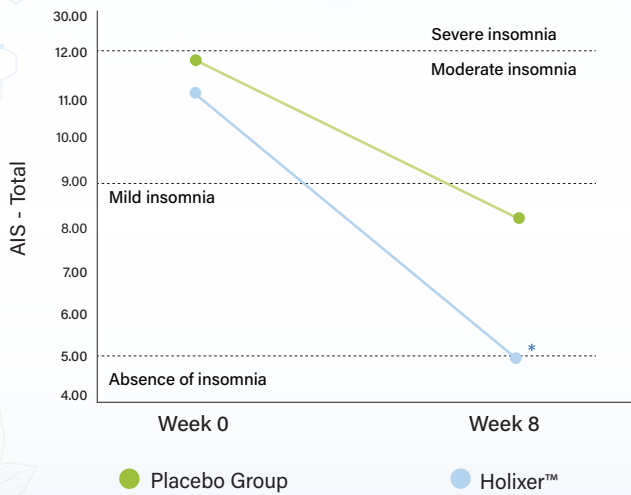
250 mg/day



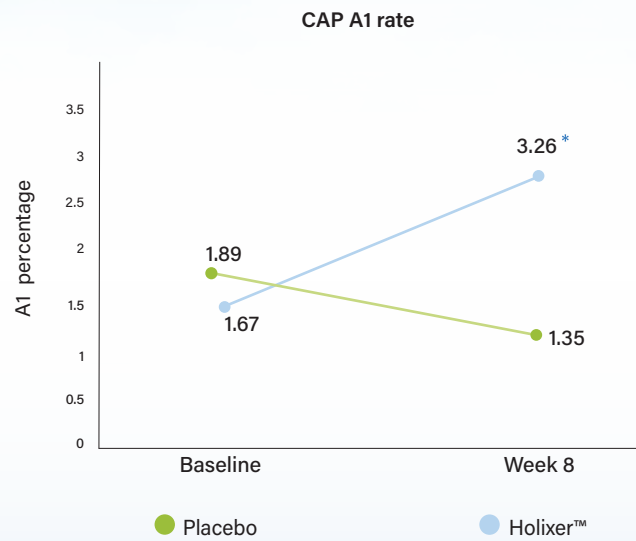
DURATION

8 Weeks

1 Holixer™ on sleep (AIS)



2 Holixer™ on sleep quality



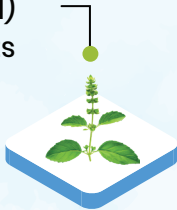
Study outcomes

- ✓ Improved sleep quality & lower stress.
- ✓ Non-drowsy calm & promotes restful sleep
- ✓ Helps improve sleep quality from week 4 and lower stress
- ✓ Helps fall asleep faster
- ✓ Helps improve sleep efficiency
- ✓ Reduced awakenings during sleep
- ✓ Improvement in overall health & wellness.
- ✓ 50% improvement in sleep as compared to placebo.



WHY CHOOSE HOLIXER™ ?

Pioneers in branded Ocimum (Holy Basil) extracts



Low dose: 250 mg/day



Unique Ocimum bioactive complex



Powered by B.O.T™ Technology



Available in organic grades



Improved sleep quality & efficiency in 4 weeks



Sleep assessed using CAP AI rate, WASO, PSS, ISI.




Stress measured via MAST & hair cortisol




Clinically validated for stress & sleep



HOLIXER™

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