NISARGA BIOTECH

Unlock serenity with

BACOZEN™

(A blend of Bacopa monnieri and Withania somnifera Extracts)

CLINICALLY TESTED

For effective management of stress and related conditions

About

- *Bacopa monnieri* is known for cognitive enhancement and stress relief in traditional medicine while *Withania somnifera* is *a* celebrated adaptogenic herb aiding the body in stress adaptation and promoting overall well-being.
- Bacozen™ aims to effectively alleviate stress, anxiety, fatigue, and mood disturbances while promoting improved sleep quality and circadian rhythm. Additionally, it is designed to calm the mind and potentially mitigate the early aging process, offering a holistic approach to stress management and overall well-being.

Why BacoZen™ ?

- Reduces stress, and anxiety.
- Supportive for stress related disorders.
- Helps to calm brain and improves the quality of sleep and circadian rhythm.

Dosage & Applications

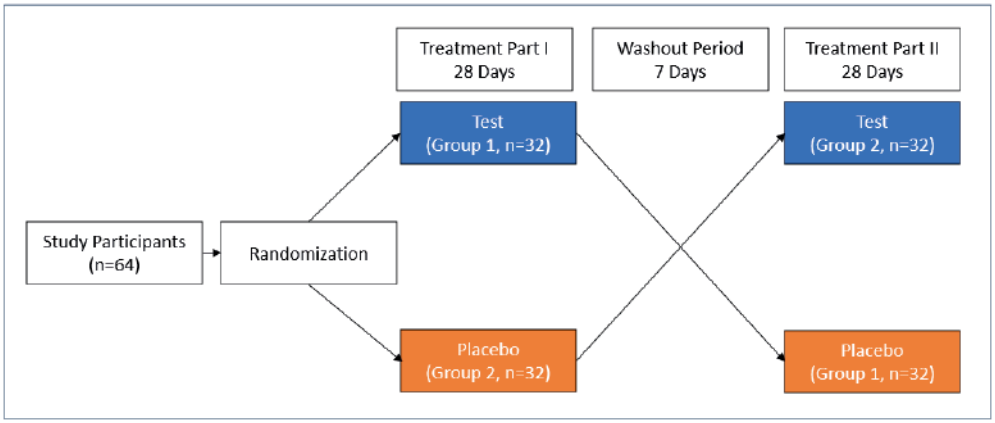
- 250 mg, twice a day

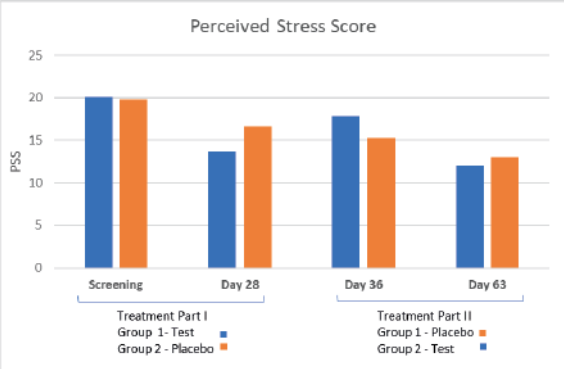
Dietary Supplements
Tablets/Capsules

Functional Foods

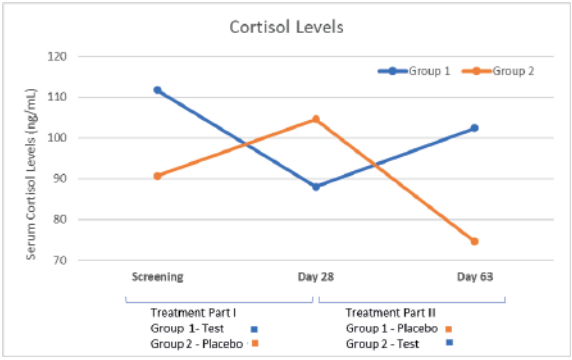
Clinical Findings

- Safety and Efficacy of Nisarga's Bacozen™ blend in stress management has been clinically proven.
- A randomized, double blind, placebo-controlled, cross-over clinical trial shows the potential of herbal extract blend in alleviating the stress and improving related biomarkers.
- Low daily dosage of 500mg /day was found to be adequate.
- Study Design and Results :

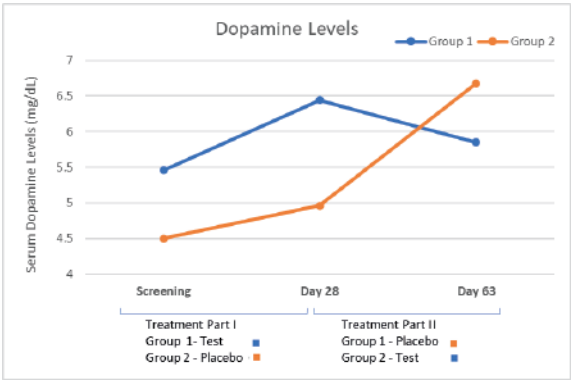




- After 28 days, Test group showed significantly decreased perceived stress: 31.78% vs Placebo group showed 16.06% decrease.
- In part II, both groups saw reductions, with the test group consistently showing higher reductions compared to the placebo. (32.46% and 14.75% reduction respectively)
- PSS score was comparable for test group in both parts (31.78% reduction in part I and 32.46% reduction in part II), confirming the dose dependent activity through crossover.



- Test group showed statistically **significant reduction in serum cortisol levels, with a 21.25% decrease** versus increase of 15.26% in Placebo group, after 28 days.
- Cortisol levels in the test group again showed a statistically significant **decrease of 28.66%**, than the placebo's 16.3% increase, in treatment part II.



- After 28 days, dopamine levels **increased significantly by 17.87%** in the test group and 10.34% in the placebo group, indicating a potential therapeutic effect.
- Treatment part II resulted in a **highly significant 34.52% improvement** in dopamine levels, while placebo led to a 9.1% decrease.

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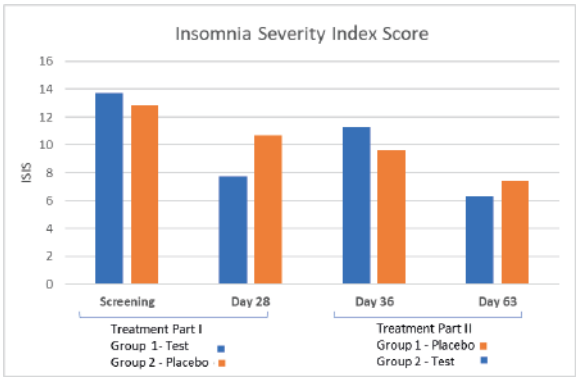
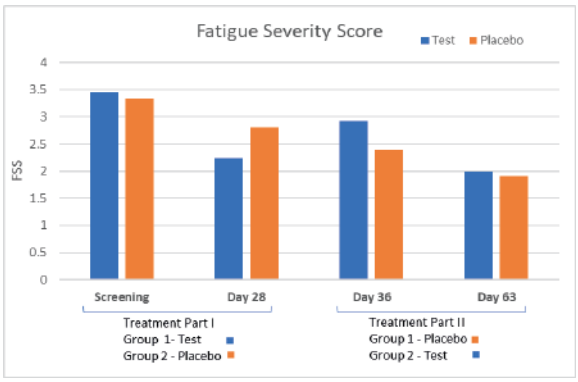
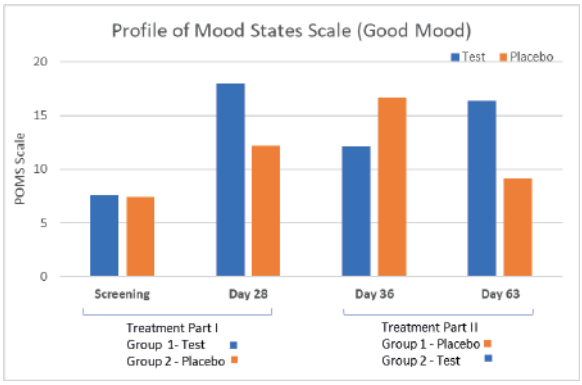


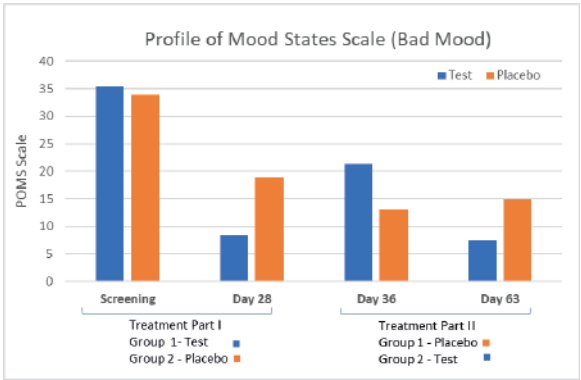
- After Part I, insomnia severity index scores decreased significantly by 43.51% in the test group vs 16.34% in the placebo group.
- By the end part II, the test group showed a substantial 43.77% reduction in ISI score, while the placebo group exhibited a significant 22.48% reduction compared to day 36.
- Additionally, the reduction in ISI score was comparable for the test group in both parts, confirming its activity through crossover.



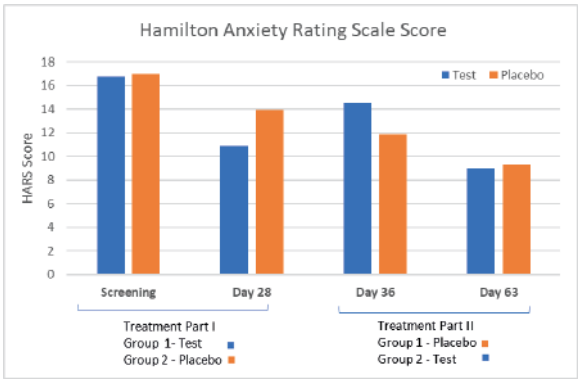
- At the end of treatment part I (28 days), fatigue reduced significantly by 35.64% in the test group and 15.89% in the placebo group.
- In treatment part II, fatigue significantly reduced by 31.63% in the test group and 20.52% in the placebo group.
- The reduction in fatigue severity score was comparable for the test group in both parts, affirming improvement in sleep through crossover.



- After 28 days, there was significant improvement in good mood in both test and placebo groups by 138% and 64% respectively, with the test group showing significantly greater improvement.
- In Part II, the test group had a 35% increase while the placebo group had a 45% decrease.
- Comparative results confirm consistent improvement in good mood with the test treatment in both parts, validating its efficacy through crossover.



- After 28 days, a significant reduction in bad mood in both test and placebo groups by 76% and 45% respectively, with the test group showing significantly greater improvement.
- In Part II, the test group showed a significant 65% reduction in scores, while the placebo group displayed an insignificant 14% increase.
- Comparative results show that the test intervention significantly alleviated negative mood. This highlights an decrease in bad mood status in the test group compared to placebo.



- After 28 days, significant reductions in HAM-A scores were observed in the test and placebo groups by 35.32% and 17.68% respectively, with a significant difference favoring the test group.
- In Part II, significant reductions of 38.15% in test and 21.11% in placebo were observed in the HAM-A score, indicating lowered anxiety levels.
- Comparative results at the end of Part II in test groups, confirms the test's activity through crossover.

Specification

- The BacoZen™ blend is standardized to - not less than 5% Total Withanolides and 15% Total Saponins

Nisarga's Farms

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