

Stress and Mental Wellness Formulating With Efficacious Ingredients



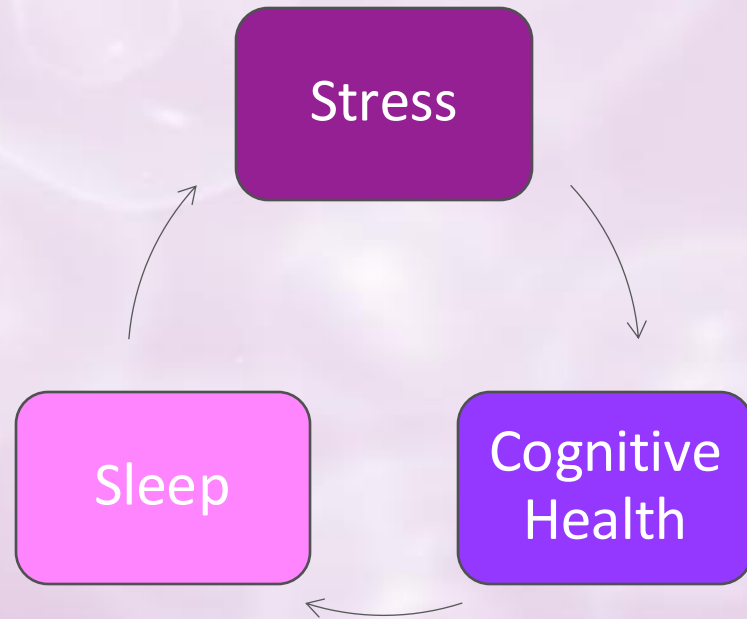
GencorTM
Lifestage Solutions

Presenter: David J Foreman RPh
The Herbal Pharmacist Media



Stress: Connection to Mental Wellness

Mental Wellness Connections



Stress decreases cognitive function, learning, and memory.¹

Stress is a contributing factor to sleep disorders.²

Lack of quality sleep leads to stress.³

Having trouble focusing or concentrating is stressful.

Stress: affron[®]

Saffron (*Crocus sativas*)



- Supports the Nervous System in Multiple Pathways
- 9-Human Clinical Studies
- Effects
 - Improve mood disorders
 - Decrease tension
 - Decrease in anxious feelings
 - Improved Profile of Mood States
 - Safe in 12-16yr old children
- Use: Balance neurotransmitters and support overall brain health
- Dose: 28mg per day



Affron[®]

Stress: CALMaluma™

Caralluma (*Caralluma fimbriata*)



- Supports stress reduction through multiple pathways
- 11 Studies (5 Human, 6 in vivo)
- Effects
 - Reduction of stress, frustration and anxiety
 - Increase in positive experience of emotion (relaxation)
 - Supports healthy cortisol levels
- Use: Neurotransmitter and HPA-axis support
- Dosing: 500mg twice daily



CALMaluma™

Stress: Lavender CPO[®]



Supercharge Bioavailability

CPO[®] Lavender Oil optimized with **AquaCelle[®]** is clinically proven to **boost absorption by x2** than that of standard lavender oil

Optimize Functionality

- A high-quality Lavender Oil powder conversion using Compressible Powdered Oil technology for performance and formulation advantages.
- This CPO[®] Lavender Oil is a progressive material development that allows lavender oil to be converted into a free-flowing powder with over 50% loading.
- The powder is not sensitive to temperature and pressure, so it is ideal for tableting, powder even effervescent.
- CPO[®] Lavender Oil uses quality French oil with a high linalool and linalyl acetate concentration.

Tablets



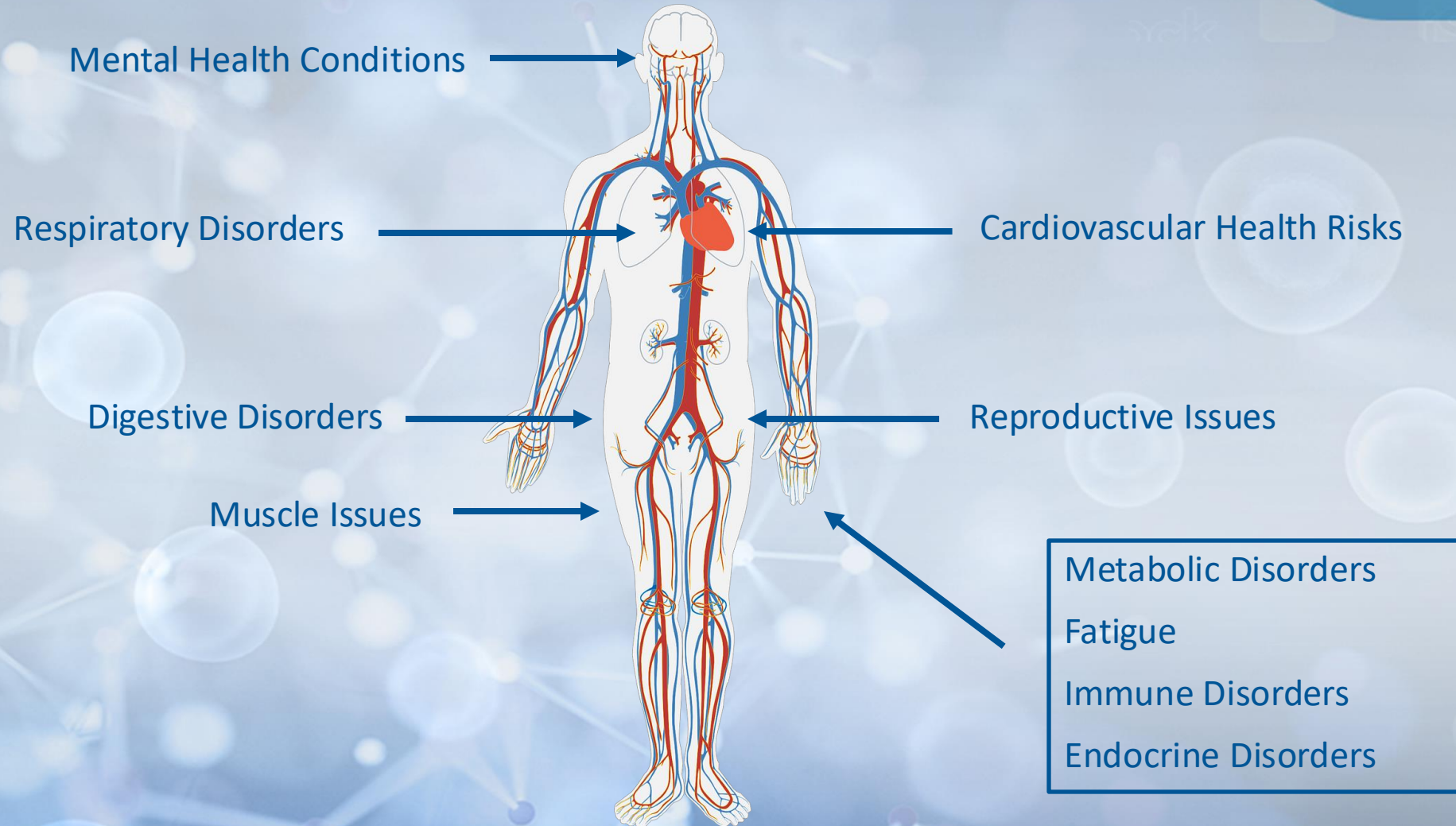
Powder



Effervescent



Thinking Outside the Box



Sleep Support



Affron®

- 3 Sleep Studies
- Effects
 - Improves Sleep Quality
 - Improves Restorative Sleep
 - Reduces Sleeplessness
 - Supports Melatonin
 - Safe in 12-16yr old children
- Dose: 14 or 28mg prior to bedtime

Affron®

Levagen®+

- 1 Sleep Study
- Effects
 - Improves Sleep Latency (time to fall asleep)
 - Decreases # of awakenings
 - Increases time sleeping
 - Decrease the time to feel awake in the morning (grogginess)
- Dosing: 350mg 1 hour prior to sleep

Levagen®+

Sexual Health



Libifem®

- 2 Studies
 - Sexual Health
 - Menopause
- Effects
 - Increases sexual arousal
 - Increases sexual desire
 - Reduced Menopausal Symptoms (Hot flashes and night sweats)
 - Improves other symptoms (Increasing)
 - Physical, Psychosocial & Sexual Functioning
- Dose: 600mg



Tesnor®

- 2 Studies
 - Young Male Testosterone Levels
 - Aging Male Testosterone
- Effects
 - Increase Testosterone
 - Increase Muscle Strength and Mass
- Dose: 200-400mg daily



Chronic stress can cause the body to produce too much cortisol, which makes the testes less responsive to luteinizing hormone (important for testosterone production). This leads to lower testosterone and impacts estrogen and progesterone levels.

Some of the physical changes associated with menopause, especially hot flashes, can be difficult to cope with and impair sleep, which also leads to more stress.

Painful Discomfort



Levagen®/Levagen®+

- 9 Studies
- Effects
 - Reduced total WOMAC score
 - Reduced joint pain
 - Reduced joint stiffness
 - Improved joint function
 - Reduced muscle damage
 - Supports the reduction of joint discomfort after Day 3
 - Improves QOL
 - Reduction of headache discomfort
- Dose: Varies



HydroCurc®

- 3 Studies
- Effects
 - Reduced lactate levels
 - Reduced delayed onset muscle soreness (DOMS) [48- and 72-hours post-exercise]
 - Increased IL-10 (anti-inflammatory)
 - Reduced thigh circumference (swelling)
 - Activates the downstream region of the mTOR pathway (Akt/PKB)
- Dose: 500mg daily



Chronic stress increases the stress hormone cortisol. Cortisol is linked to increased inflammation pain over time. Pain triggers the stress response in the amygdala, hippocampus, striatum, and other brain parts.

Headaches

Levagen[®]/Levagen[®]+

- 9 Studies
- Effects
 - Reduction of headache discomfort
 - Significantly reduced VAS scores and resolved migraines classified as moderate.
- Dose: Headache - 525mg / Migraine - 600mg



Levagen[®]+

Stress causes the body to produce more acetylcholine and cortisol. These two hormones have physiological effects on muscles and lead to the tension behind tension headaches. Cortisol has been linked to triggering headaches during periods of relaxation. Acetylcholine is released during stress and has several ways to influence headaches.:

- Vasoconstriction in the brain
- Neck and scalp muscles contract

Other areas in which stress connects to headaches:

- Chronic stress can lower serotonin levels. Low levels of serotonin are linked to headaches.
- People with chronic stress are also known to be more sensitive to pain.

Thank You



info@gencorpacific.com



www.gencorpacific.com



<https://www.linkedin.com/company/gencor-pacific/>

