

Anxiety and stress?

Reduction in anxiety symptoms by 66% after 6 weeks of taking 500 mg Probiostress™ compared to placebo.

Probiostress™ reduces anxiety symptoms during stress by 66%.

Stress not only reduces performance and the state of health, but also the quality of life of the individual. High-quality ingredients to support increased stress, especially in professional life are therefore in high demand. The scientifically well-documented brand raw material **Probiostress™** combines the bacterial strains Lactobacillus helveticus R0052 and Bifidobacterium longum R0175 with a special saffron extract (Saffr'Activ®). The relaxing effect of Probiostress™ has been proven in studies.

In a further study involving 30 mildly stressed subjects, it was shown that the daily intake of 500 mg Probiostress™ over **6 weeks significantly reduced stress-related anxiety symptoms by 66 % compared to placebo** – with no side effects at all. In addition, the participants were more relaxed, felt mentally stronger and slept better.

Relaxed and mentally fit: Probiostress™ is effective in case of increased stress levels and improves well-being and quality of life.

References: Enaud, D. E., Merlet, R. 2015. Toward a relaxed and sharp mind with Probiostress®. Wellness Foods Eur. 1:4.



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The gut-supporting solution for mental balance

fit@work stressbiotic is designed to support mental balance, contribute to relaxation and lessen occasional stress. fit@work stressbiotic is based on the brand raw material Probiostress™ supplemented by riboflavin and vitamin C, which support the function of the nervous system and the energy metabolism.

3 billion of the reproductive bacteria are contained in one capsule, which can colonize the intestines and subsequently support relaxation and emotional well-being.

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