

Mental well-being

Get inspired by
our micronutrient
premix solutions

Mental and cognitive health

Micronutrient premixes for products targeting mental well-being and cognitive performance

STERNVITAMIN
MICRONUTRIENTS FOR A HEALTHY LIFE

Micronutrients, botanicals and further nutrients for your products
to support a good night's sleep

Sleep disturbances significantly affect the psychological well-being and physical health of many people. There are various sleep problems around sleep latency, quality and duration. Our circadian rhythm is controlled both by the internal genetic components of our biological clock and by external factors, including nutrition and environment. Diet is believed to play an important role in the regulation of sleep wellness. The intake of specific micronutrients, botanicals and other nutrients has been suggested to positively affect sleep patterns.

FUNCTIONAL INGREDIENT	SCIENTIFIC FINDINGS RELATED TO SLEEP*	FUNCTIONAL INGREDIENT	SCIENTIFIC FINDINGS RELATED TO SLEEP*
Vitamin C 1000 mg	May help increase sleep duration	Valerian + hops	Combination reduces sleep latency and improves sleep duration
Zinc 100 mg	Improves sleep duration and quality	Passionflower	Improves sleep duration
Magnesium 1000 mg	Improves sleep duration and quality, and reduces sleep latency	Ashwagandha	Improves sleep duration and quality, and reduces sleep latency
Calcium 1000 mg	May increase sleep duration	Lithoselin from Green tea	Reduces waking after sleep onset, increases sleep efficiency and promotes relaxation without drowsiness
Vitamin B₁₂ 1000 µg	Sleep deprivation is associated with increased heart rate and blood pressure. Vitamin B ₁₂ contributes to heart health.	Green tea	The polyphenols support gut microflora involved in sleep architecture
Lithoselin 100 mg	May improve sleep duration and reduce sleep latency	L-tryptophan + carboxylates	Combination shortens sleep latency and waking after sleep onset
Melatonin	Contributes to the reduction of sleep latency		

Micronutrient premix solutions for sleep wellness

Our SternSomnia premixes help you to spark ideas for your products targeting a good night's sleep.

Example: SternSomnia Quality

- Zinc, magnesium and ashwagandha improve sleep quality and sleep onset latency
- Lithoselin reduces waking after sleep onset, increases sleep efficiency, and promotes relaxation without drowsiness
- Magnesium contributes to normal functioning of the nervous system and to relaxation.
- Vitamin B₁₂ supports heart health in times of mental stress

STERNVITAMIN
MICRONUTRIENTS FOR A HEALTHY LIFE



Folders

Find out why micronutrients, botanicals & more are so vital for cognitive performance, mental well-being and a good night's sleep

Mental well-being

SternFocus

Premix for capsules to support mental and cognitive performance

YOUR CUSTOMERS' NEEDS:

- Maintain mental and cognitive performance throughout the day
- Relieve nervousness and stay focused
- Consume products with functional ingredients to combat mental fatigue, support concentration and alertness

PRODUCT HIGHLIGHTS:

- Mental energy and cognitive performance through vitamins C, D, iodine, zinc, L-tyrosine and *Bacopa monnieri*
- Supports stress resistance and the nervous system with the help of B-vitamins and the adaptogen *Rhodiola rosea*
- Anti-oxidative properties of bilberry extract counteract stress-induced oxidative damage

DEVELOPED FOR PRODUCTS TARGETING:

- Professionals
- Students
- Stressed people

STERNVITAMIN
PREMIERS EN FRANCE POUR VOTRE BIEN-ÊTRE



SternMind

Premix for instant drink supplements that address mental health

YOUR CUSTOMERS' NEEDS:

- Maintain mind-body balance and mental serenity in stressful situations and difficult life phases
- Relieve nervousness and stay focused
- Reduce symptoms of anxiety, tension and depression

PRODUCT HIGHLIGHTS:

- Helps to reduce symptoms of mental stress, anxiety and tension, and supports positive thinking
- Promotes soothing and calming of the nervous mind
- Supports clear thinking, mental endurance and concentration in situations of diminished performance

DEVELOPED FOR PRODUCTS TARGETING:

- Students
- Parents
- Professionals
- Seniors

STERNVITAMIN
PREMIERS EN FRANCE POUR VOTRE BIEN-ÊTRE



SternDe-stress & relax

Premix à mélanger à des jus de fruits pour se relaxer et se calmer

BESOINS DE VOS CLIENTS :

- Se relaxer et se détendre après une journée stressante
- Améliorer leur humeur et leur résistance au stress
- Consommer des produits sains contenant des ingrédients fonctionnels pour générer un sentiment de détente positif

POINTS FORTS DU PRODUIT :

- Les vitamines B, la vitamine D, le zinc, le magnésium et le sélénium aident à garder un système nerveux solide
- La mélisse officinale et le magnésium ont un effet relaxant
- Les vitamines B, la vitamine D, le sélénium et le zinc luttent contre l'altération du système immunitaire due au stress

CONÇU POUR LES PRODUITS DESTINÉS AUX :

- Parents
- Professionnels
- Étudiants
- Personnes stressées

STERNVITAMIN
PREMIERS EN FRANCE POUR VOTRE BIEN-ÊTRE



Pure VITALizer

Premix for beverages to support mental and cognitive energy

YOUR CUSTOMERS' NEEDS:

- Maintain mental and cognitive performance throughout the day
- Feeling powerful and awake without being nervous
- Consume products with functional ingredients to combat mental fatigue and support alertness

PRODUCT HIGHLIGHTS:

- Provides mental energy and improves cognitive function through B-vitamins, vitamin C, iodine and green tea extract
- Panax ginseng has anti-stress properties and reduces mental fatigue
- Supports the nervous system and reduces tiredness with the help of B-vitamins and natural caffeine

DEVELOPED FOR PRODUCTS TARGETING:

- Parents
- Professionals
- Students
- Stressed people

STERNVITAMIN
PREMIERS EN FRANCE POUR VOTRE BIEN-ÊTRE



SternSomnia Duration

Premix for capsules to support a good night's sleep

YOUR CUSTOMERS' NEEDS:

- Improve sleep wellness with products containing functional ingredients
- Relax and unwind before bed time
- Feel fresh and full of energy after waking

PRODUCT HIGHLIGHTS:

- Zinc, magnesium, calcium and selenium increase the duration of sleep
- The combination of valerian, hops and passionflower reduces sleep latency and improves sleep duration
- Lavender helps to unwind into a restful night

DEVELOPED FOR PRODUCTS TARGETING:

- Athletes
- Stressed People
- Older People
- Students
- Professionals
- Parents

STERNVITAMIN
PREMIERS EN FRANCE POUR VOTRE BIEN-ÊTRE



SternSomnia Quality

Premix for capsules to support a good night's sleep

YOUR CUSTOMERS' NEEDS:

- Improve sleep wellness with products containing functional ingredients
- Relax and unwind before bedtime
- Feel fresh and full of energy upon waking

PRODUCT HIGHLIGHTS:

- Zinc, magnesium and ashwagandha improve sleep quality and sleep onset latency
- L-theanine reduces waking after sleep onset, increases sleep efficiency, and promotes relaxation without drowsiness
- Magnesium contributes to normal functioning of the nervous system and to relaxation, and vitamin B6 supports heart health in times of mental stress

DEVELOPED FOR PRODUCTS TARGETING:

- Athletes
- Stressed people
- Best Age
- Students
- Professionals
- Parents

STERNVITAMIN
PREMIERS EN FRANCE POUR VOTRE BIEN-ÊTRE



Premix solutions

Take a look at our ideas to get inspired for your next product development

Mental well-being

**Micronutrient-fortified products
for mental well-being**
Global trends and market insights

STERNVITAMIN
Microelements for a healthy life



Presentations

Explore the latest trends,
market insights and scientific
findings on micronutrients
for mental well-being
and sleep products

**Micronutrient-fortified products
for a good night's sleep**
Global trends and market insights

STERNVITAMIN
Microelements for a healthy life



Mental well-being



More information



www.sternvitamin.com



Headquarter

SternVitamin GmbH & Co. KG
Phone: +49 4102 202-007
Email: info@sternvitamin.com

Kurt-Fischer-Straße 55
22926 Ahrensburg
Germany

Mental well-being