

Mental well-being

Micronutrient premix
concepts for mental health
and cognitive performance

Mental and cognitive health

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

Micronutrients for a Healthy Life

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Botanicals to support stress reduction and relaxation

Stress describes the physiological reaction to environmental threats or pressures like excessive workload. It manifests in ways that are measurable: changes in mood, memory, concentration and problem-solving. Consumers are increasingly looking for relaxation functions and stress reduction in products. Botanicals are among the higher ingredients that consumers associate with relaxation.

Functional ingredients for your products that reduce stress, increase stress resistance and support relaxation*

ADAPTOGENS
Plant substances that help to adapt to increased physical and emotional stress situations

- SIBERIAN GINSENG** - Enhances mental capacities in cases of weakness, exhaustion and tiredness
- CHAMOMILE** - Has calming properties
- PANAX GINSENG** - Has an anti-stress effect
- ASHWAGANDHA** - Reduces stress and anxiety - Has mood-enhancing properties
- LAVENDER** - Has a calming effect and boosts low moods
- L-THEANINE FROM GREEN TEA** - Has anti-anxiety and relaxing properties - Reduces physiological factors of stress and fatigue control
- LEMON BALM** - Reduces anxiety and relieves stress
- PASSIFLORA** - Reduces anxiety and stress
- RHODIOLA ROSEA** - Increases resistance to a variety of chemical, biological and physical stressors - Has an anti-fatigue effect that boosts mental performance
- VALERIAN + HOPS** - Combination has anxiolytic properties and reduces restlessness

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MicroNutrients for a Healthy Life

*The green asterisk denotes findings, not applicable based on evidence in the form of meta-analyses (high level of evidence) or clinical practice (low level of evidence).

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Flyers

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

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 NERN 80 mg	May help increase sleep duration	Valerian + hops	Combination reduces sleep latency and improves sleep duration
Zinc NERN 10 mg	Improves sleep duration and quality	Passiflora	Improves sleep duration
Magnesium NERN 275 mg	Improves sleep duration and quality, and reduces sleep latency	Ashwagandha	Improves sleep duration and quality, and reduces sleep latency
Calcium NERN 800 mg	May increase sleep duration	L-theanine from green tea	Reduces waking after sleep onset, increases sleep efficiency and promotes relaxation without drowsiness
Vitamin B1 NERN 1.2 mg	Sleep deprivation is associated with increased heart rate and blood pressure. Vitamin B1 contributes to heart health	Green tea	The polyphenols support gut microbiota involved in sleep architecture
Selenium NERN 55 µg	May improve sleep duration and reduce sleep latency	L-tryptophan + carbohydrates	Combination shortens sleep latency and waking after sleep onset
Melatonin	Contributes to the reduction of sleep latency		

*There are scientific findings and not applicable based on studies according to 2020. Please check the high level of evidence in meta-analyses or clinical practice (low level of evidence).

Micronutrient premix concepts for sleep wellness

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

Example: SternSomnia Quality

- Ashwagandha improves sleep quality and sleep onset latency
- L-theanine reduces waking after sleep onset, increases sleep efficiency, and promotes relaxation without drowsiness
- Zinc and magnesium increase the quality of sleep
- Magnesium contributes to normal functioning of the nervous system and to relaxation
- Vitamin B1 supports heart health in times of mental stress

Micronutrients for a Healthy Life

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Mental well-being

SternFocus

A premix concept 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
- Bittery extract has anti-oxidative properties that counteract the mental stress-induced production of reactive oxygen species

SternFocus meets the needs of various target groups:

Professionals, Students, Stressed people



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SternMind

A concept for food supplements and beverages 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

SternMind meets the needs of many target groups:

Students, Parents, Professionals, Seniors



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SternDe-stress & relax

A premix concept for juices to unwind and calm the nerves

Your customers' needs

- Calm down and chill after a stressful day
- Improve stress resistance and mood
- Consume healthy products with functional ingredients to create a relaxed and positive feeling

Product highlights

- B-vitamins, vitamin D, zinc, magnesium and selenium support a strong nervous system
- Lemon balm and magnesium have a relaxing effect
- Ashwagandha as an adaptogen supports stress resistance
- Vitamins B, D, selenium, zinc and ashwagandha counteract stress-induced alteration of the immune system

SternDe-stress & relax meets the needs of various target groups:

Parents, Professionals, Students, Stressed people



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Pure VITALizer

A premix concept for beverages to support mental and cognitive energy

Your customers' needs

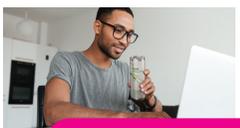
- Maintain mental and cognitive performance throughout the day
- Feeling powerful and awake without being nervous
- Consume products with functional ingredients to combat mental fatigue and support alertness

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

Pure VITALizer meets the needs of various target groups:

Parents, Professionals, Students, Stressed people



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SternSomnia Duration

Two premixes in one concept, 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
- Magnesium contributes to normal functioning of the nervous system and to relaxation, important for a healthy sleep
- The combination of valerian, hops and passionflower reduces sleep latency and improves sleep duration
- Lavender helps to unwind into a restful night

SternSomnia Duration meets the needs of various target groups:

Athletes, Stressed people, Older people, Students, Professionals, Parents



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SternSomnia Quality

A premix concept 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 awaking

Product highlights

- Ashwagandha improves sleep quality and sleep onset latency
- L-theanine reduces waking after sleep onset, increases sleep efficiency, and promotes relaxation without drowsiness
- Zinc and magnesium increase the quality of sleep
- Magnesium contributes to normal functioning of the nervous system and to relaxation, and vitamin B1 supports heart health in times of mental stress

SternSomnia Quality meets the needs of various target groups:

Athletes, Stressed people, Older people, Students, Professionals, Parents



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Concept Cards

Take a look at our premix concept ideas, that will inspire you in your product development process

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Micronutrient-fortified products for mental well-being

Global trends and market insights

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Micronutrients for a Healthy Life

Micronutrient-fortified products for a good night's sleep

Global trends and market insights

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Presentations

Our presentations give you market insights, and inform you about trends and scientific findings on micronutrients for mental well-being and sleep

Mental well-being

PRESS RELEASE

Against stress and lack of sleep

Micronutrients for mental well-being and cognitive performance

Ahrensburg, March 2022 – The fact that nutrition has a decisive influence on mood and the psyche was confirmed by the discovery of tryptophane in chocolate, if not before. It has been scientifically proven that many micronutrients support mental well-being, cognitive performance and brain health. An inadequate supply of these micronutrients can lead to serious illness, including but not limited to depression. Nutrient deficiency is widespread among the elderly in particular. It is estimated that 35 percent of people over 50 years old in Europe, the US and Canada have a demonstrable deficiency of one or more micronutrients. Highly stressed people also have a heightened need for certain vitamins and minerals. SternVitamin has therefore developed new micronutrient premix concepts that support cognitive performance and mental well-being. They relieve stress and improve brain function, while also reducing the negative effects of stress.

The power of functional ingredients

Foods and drinks with selected vitamins and minerals that support brain functions and performance are seeing strong growth around the world. The number of new product launches in this segment rose by around 55 percent just from April 2020 to March 2021.

In addition to micronutrients, further ingredients support mental health. Among the functional ingredients that positively affect mental well-being is L-theanine, which is involved in the synthesis of the 'happy hormone' serotonin, and also contributes to protecting the nervous system. As components of cell membranes in the brain, omega-3 fatty acids keep cells elastic and flexible, and affect the viscosity and permeability of membranes. "Other functional ingredients that can mitigate stress and improve resistance to stress are the adaptogens," reports Dr. Christina Mesch, Product Manager SternVitamin. "These bioactive plant substances help the body adapt to heightened physical and emotional stress situations." Adaptogens include ginseng, *Rhodiola rosea* and ashwagandha. The latter is also called 'sleep berry' and is used in Ayurvedic medicine for better sleep onset, inner peace and as a mood enhancer. There are also well-known healing plants like valerian, hops, passionflower, lavender, chamomile and lemon balm, which have been thoroughly and scientifically studied.

To support cognitive performance, SternVitamin uses nootropics. "These substances can improve brain function, among other effects. Examples include *Ginkgo biloba*, guarana,

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More information



**How can
we help you?**

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