



Lactium

Stress management
for quality sleep



Lactium® a natural and unique bioactive ingredient for quality sleep

Stress and sleep disorders: a proven link

Global sleep facts

38% of adults are affected by occasional insomnia¹

10% suffer from chronic insomnia²



Acute or chronic stressful life events often act as triggers for sleep disturbance, such as insomnia. These sleep deficits can reduce our global quality of life as they can lead to lower productivity, increased work-related accidents and health care costs.

Sleep deficiency is also a risk factor for diseases, including cardiovascular diseases, diabetes, obesity and cancer³.



Lactium

Stress manager with no side effects

Hypnotic and sedative drugs are widely used for sleep disorders treatment with associated side effects, such as dependency and habituation^{4,5}.

With Lactium® no such secondary effects are observed.

What is Lactium®?

- ✓ A natural hydrolysate of milk proteins containing α -caseozepine, a decapeptide with relaxing properties
- ✓ A bioactive clinically proven to be efficient on both acute and chronic stress reduction, thus on sleep experience improvement^{6,7}
- ✓ A recommended posology for an adult of 300 mg/day for 1 month for sleep improvement

Lactium®, a regulatory status with authorized claims

- ✓ **US FDA: 4 structure function claims in sleep improvement**
 - “helps improve the quality of sleep”
 - “helps reduce stress so you can fall asleep faster”
 - “helps you sleep longer due to stress reduction”
 - “helps promote a healthy calming sleep due to stress reduction”
- ✓ **South Korea: 1 health claim in sleep improvement**
 - “may help to improve sleep quality”

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LACTIUM®: a natural way to improve sleep quality

Among the 9 clinical studies that have been carried out with more than 500 volunteers, 2 were on sleep improvement.

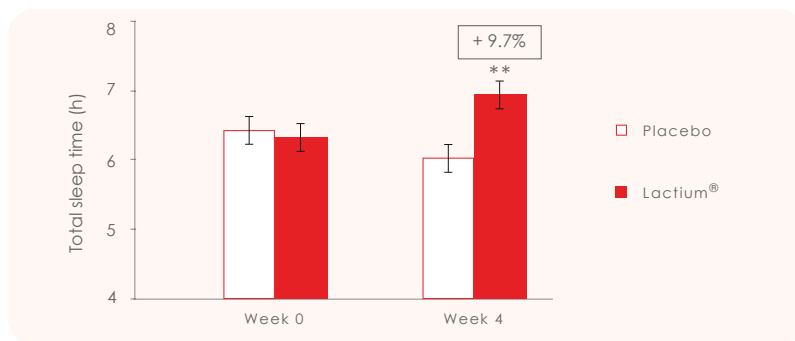
Clinical study - proven efficacy on poor sleepers' sleep experience⁸

300 mg of Lactium® during 2 phases of 4 weeks.

Measure of sleep quality on 48 subjects thanks to a sleep agenda and an actigraphy.

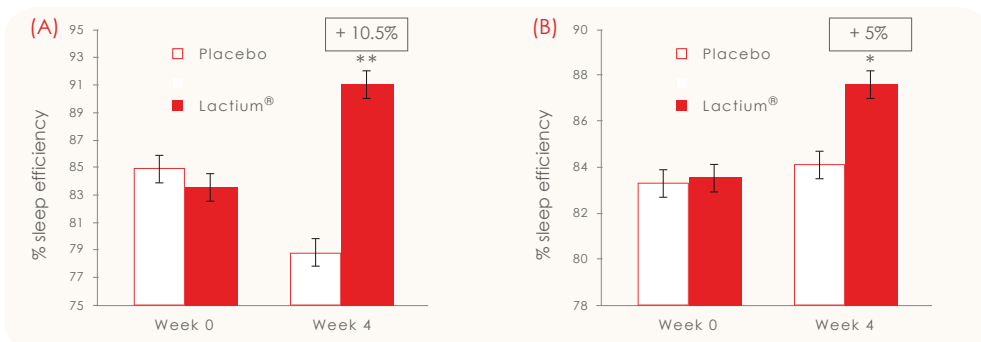
Total sleep time. Measured with a sleep agenda.

** p<0.001 VS placebo



Sleep efficiency: ratio of the total time spent asleep compared to the total amount of time spent in the bed.

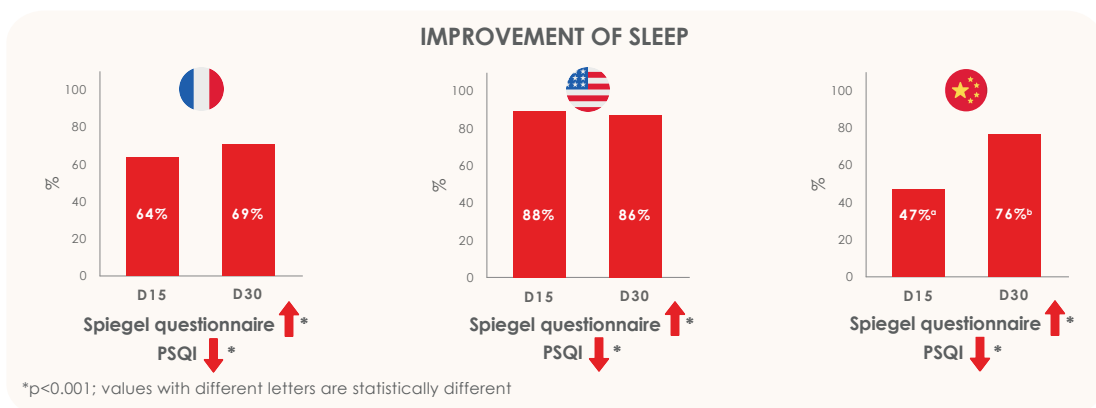
(A) Measured with a sleep agenda. (B) Measured with an actigraphy. ** p<0.001 ; * p<0.05 (Lactium® VS placebo)



Lactium® improves sleep patterns by increasing significantly perceived sleep time and sleep efficiency.

Consumer study: efficacy of Lactium® on sleep disorders in over 300 subjects

Mérieux Nutrisciences, 2021.



After 30 days of supplementation with 300mg of Lactium® sleep disorders are improved for 77% of consumers.

⁸ Kim J. H. et al., 2018. Eur J Clin Nutr.

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