

Dietary supplement

ProRelaxin[®] NEW

DuoLife **MEDICAL FORMULA PRORELAXIN[®] NEW** is a dietary supplement that helps calm, relax and soothe the nerves, supporting good night sleep and optimal emotional balance during the day. The composition of natural ingredients, including the proprietary Chinese orange formula, has been encapsulated in innovative delayed release capsules that improve the absorption of active compounds.



DuoLife **MEDICAL FORMULA PRORELAXIN[®] NEW** contains plant extracts, spirulin and L-tryptophan. The preparation is a valuable source of active compounds, supporting optimal sleep, helping to protect the body in states of excessive stress, tension and anxiety and supporting it in a situation of mood deterioration.

When?

Nowadays, intensive life, constant rush, stress, sleep deprivation and burnout contribute to disorders of the nervous system. According to World Health Organisation figures, more than 300 million people¹ suffer from depression, and even more people are affected by mood swings. A healthy, active lifestyle and balanced diet help maintain a healthy nervous system, which is reflected in emotional balance, no sleep problems and a good mood. The nervous system functioning in stressful situations can be supported by appropriate supplementation. DuoLife **MEDICAL FORMULA PRORELAXIN[®] NEW** will work as a supporting preparation for people:

- ▶ wishing to maintain optimum emotional balance;
- ▶ exposed to stress, to be used on an emergency or a long-time basis;
- ▶ struggling with problems with sleep and falling asleep;
- ▶ struggling with mood swings and/or excessive nervousness, tension and anxiety;
- ▶ women during menopause, helping to alleviate its symptoms (mood swings, nervousness, hot flashes);
- ▶ women complaining of problems associated with the premenstrual syndrome (PMS).

How?

DuoLife **MEDICAL FORMULA PRORELAXIN[®] NEW** supports:

- ▶ emotional balance;
- ▶ production of serotonin and melatonin;
- ▶ processes of neurotransmission;
- ▶ optimum sleep and calming of the body;
- ▶ promotes relaxation of the body, helping to increase its resistance to stress;
- ▶ immune system functions;
- ▶ sexual functions and fertility;
- ▶ antioxidative mechanisms;
- ▶ physiological intestinal flora function.



DuoLife **MEDICAL FORMULA PRORELAXIN[®] NEW – usage:**

1-2 capsules daily.

Composition table

Content of ingredients per average daily dosage	1 capsule	2 capsules
ProRelaxin® (proprietary formulation made from sweet orange fruit (<i>Citrus sinensis</i>))	100 mg	200 mg
powdered hop cones (<i>Humulus lupulus</i>)	40 mg	80 mg
powdered lemon balm (<i>Melissa officinalis</i>) leaves	40 mg	80 mg
lavender (<i>Lavandula angustifolia</i>) flower extract	25 mg	50 mg
saffron (<i>Crocus sativus</i>) flower extract	25 mg	50 mg
L-tryptophan	20 mg	40 mg
maca (<i>Lepidium meyenii</i>) root extract	10 mg	20 mg
spirulina	10 mg	20 mg

Ingredients: chicory root inulin (FOS), proprietary ProRelaxin® formula from sweet orange (*Citrus sinensis*) fruits, powdered hop cones (*Humulus lupulus*), powdered lemon balm (*Melissa officinalis*) leaves, lavender (*Lavandula angustifolia*) flower extract 5:1, saffron (*Crocus sativus*) flower extract 5:1, L-tryptophan, maca (*Lepidium meyenii*) root extract 4:1, spirulina. Capsule ingredients: hydroxypropyl methylcellulose (HPMC), gellan gum, chlorophyllin and chlorophyll (dye). Anti-caking agent: silica.

Do not exceed the recommended daily intake. The product should not be used as a substitute for a varied diet. Balanced diet and a healthy lifestyle are the basis for proper functioning of human body.

The herbal extracts contained in the preparation have a ratio of 5:1 and 4:1 next to their names – this is the so-called DER. What does it mean?

DER (drug extract ratio) specifies a number of milligrams of plant material used to obtain one milligram of the extract.

If the capsule contains 25 milligrams of lavender flower extract (or other extract) DER 5:1, 125 milligrams of raw material are used to obtain the capsule. The capsules from the Medical Formula NEW line have an increased DER, so the same (or even lower) amount of the extract may provide a larger dose of active substances.

Hop cones and lemon balm leaves contain health-supporting essential oils and flavonoids, which synergistically support each other's function.

- ▶ Hop cones are used as an aid in states of tension, anxiety and difficulty in falling asleep; they can be used as an aid during the menopause, which is associated with many ailments, including emotional ones, which reduce the quality of life. Hop also soothes hot flashes accompanying menopause¹⁻³.
- ▶ Lemon balm also has calming properties, making it easier to fall asleep, soothing anxiety and regulating mood, thanks to which it is used as an aid in states of nervous arousal, anxiety, insomnia and related disorders of heart rhythm and digestive tract work. It also works well for soothing emotional discomfort associated with premenstrual syndrome (PMS). Flavonoids present in the raw material show antioxidant effects^{1,4-7}.

The proprietary formula made from *Citrus sinensis* supports nervous system functions.

Citrus sinensis (or sweet orange) contains many active ingredients, including antioxidative flavonoids, unsaturated fatty acids, and limonene present in the essential oil, which has tranquillising properties and helps reduce anxiety and emotional tension^{8,9}. Flavonoids protect nerve cells from the destructive effects of oxidative stress, helping to maintain optimal nervous system functions and contributing to the prevention of neurodegenerative diseases¹⁰.

What is the effect of saffron in the preparation?

Saffron has been known as a health-supporting plant and spice for many thousands of years; the biological effects of the raw material are mainly due to the glycosides: crocetin, crocin and safranal¹¹. The plant has a documented effect of supporting good mood, based on improving communication between neurons due to increased amounts of norepinephrine and serotonin in the central nervous system^{12,13}. In addition, it helps reduce anxiety and improve sleep quality. Saffron can also contribute to the alleviation of perimenstrual tension (PMS) and promote fertility in men by improving the condition of sperm^{14,15}.

What is spirulina?

Spirulina is a type of cyanobacteria; it has valuable nutritional properties (it is classified as nutraceuticals) due to its content of vitamins, minerals and a full set of amino acids, as well as unsaturated fatty acids, carotenoids and chlorophyll. The health-supporting properties of spirulina include antioxidant effects - protective for neurons and supporting the prevention of neurodegenerative diseases; in addition, protective for liver, detoxifying and antiaging^{16,17}.

L-tryptophan is an essential nutrient in our diet. Why does man need it so much?

L-Tryptophan is an amino acid of plant origin which cannot be synthesised by human body and must be supplied with food. This amino acid has a significant effect on maintaining normal serotonin and melatonin levels in the central nervous system. Serotonin affects the proper communication between neurons in the areas of the brain responsible for emotional processes; its deficiency may lead to mood reduction. Melatonin, on the other hand, regulates sleep and wakefulness rhythms; it has been shown that an increased intake of L-tryptophan with food can improve sleep quality and length¹⁸.

Extracts from lavender flowers and matzo root support the effects of the other supplement components.

- ▶ Lavender flowers are used as an aid in states of excessive nervousness, anxiety, insomnia and emotional gastrointestinal disorders. The health-supporting effect of lavender is associated with the content of essential oil¹⁶.
- ▶ Maca is a Peruvian plant with special health-supporting properties, which is due to the presence of numerous bioactive compounds. The plant supports antioxidant processes, contributing to the protection of neurons from the adverse effects of free oxygen radicals. It also promotes the maintenance of optimal memory, has a positive effect on sexual function and mood, and also alleviates menopausal symptoms^{16,19,20}.

What makes DuoLife MEDICAL FORMULA PRORELAXIN® NEW different?

- ▶ **Capsules made of organic cellulose derivative (HPMC)**, containing also chlorophyll derivatives, without preservatives, gluten and gelatin, suitable also for vegans and vegetarians (plus kosher and halal certificates), with delayed release time, with clinical trials* - improving the absorption of active compounds contained inside the capsule, which translates into increased concentration of active substances in the body.
- ▶ **Packaging free of bisphenol A (BPA)**, a compound with controversial health effects²¹.
- ▶ **Natural ingredients, with an additional content of prebiotic** - inulin from the common chicory root; inulin stimulates the development of natural intestinal microflora, thus supporting function of the gastrointestinal tract²²; it has a low glycaemic index.
- ▶ **Formulation prepared in consideration of the principles of synergy and antagonism.**
- ▶ **Complete ingredients, with their biological background maintained**, improving their bioavailability.
- ▶ **The product DOES NOT CONTAIN preservatives and artificial fillers, and IS GMO FREE** – the raw materials used to develop the supplement ARE NOT DERIVED from genetically modified plants.
- ▶ **The product is GLUTEN-FREE** - can be used by people with gluten intolerance.
- ▶ **Concentrated formula** – making the supplement easy to use: once or twice a day.

i *The references for DuoLife Medical Formula ProRelaxin® can be found on a separate binder sheet. .*

*Study conducted in 2013 by Bio-Images Research Laboratory in Glasgow, Scotland