

For Improved Sleep Quality:

Quality sleep is foundational to cultivating a healthier and more robust lifestyle.



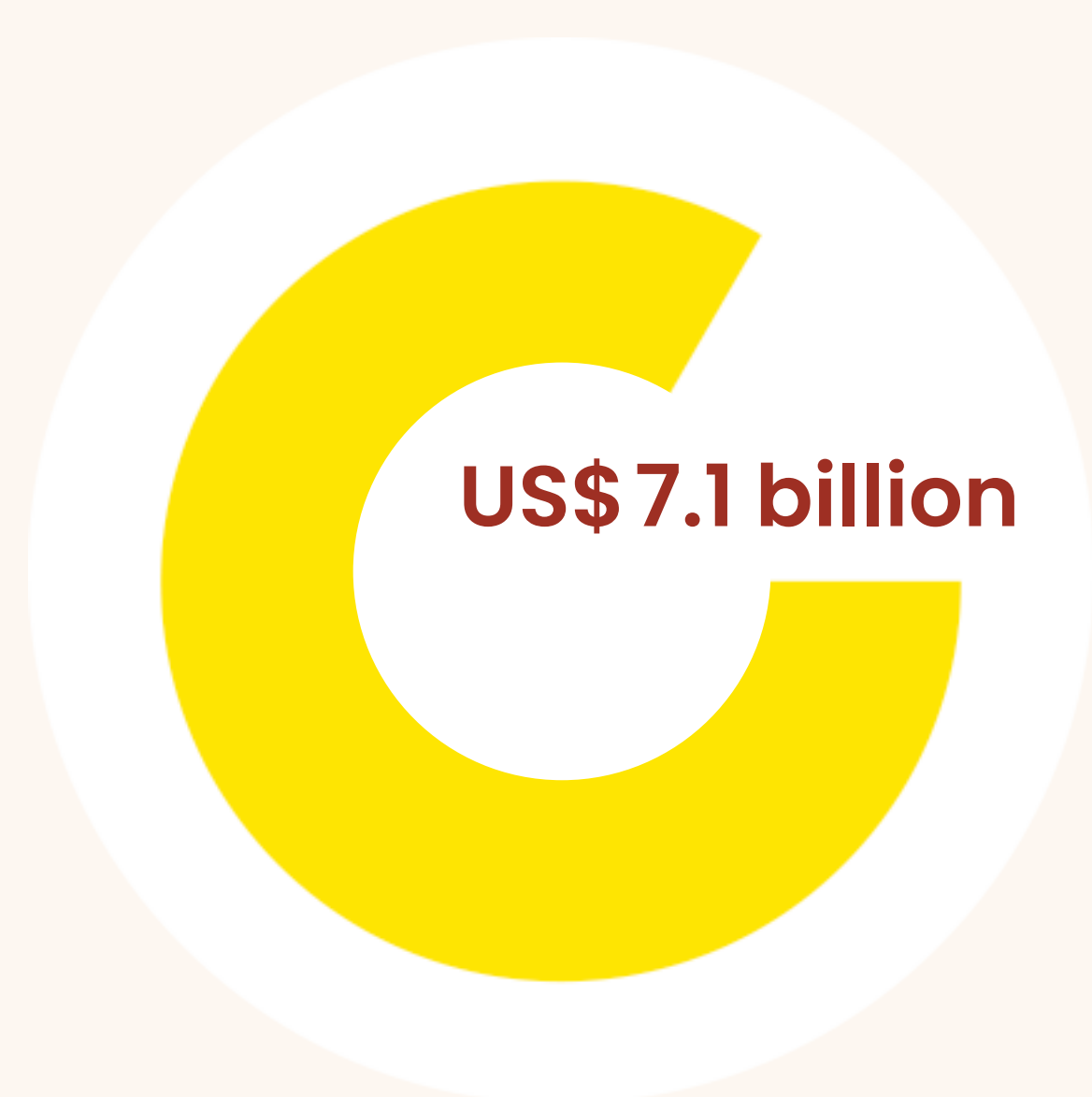
Sleep is crucial for various aspects of physical and mental health due to its role in:

- Restoration
- Cognitive Function
- Emotional Well-Being
- Physical Performance
- Metabolic Health
- Immune Function

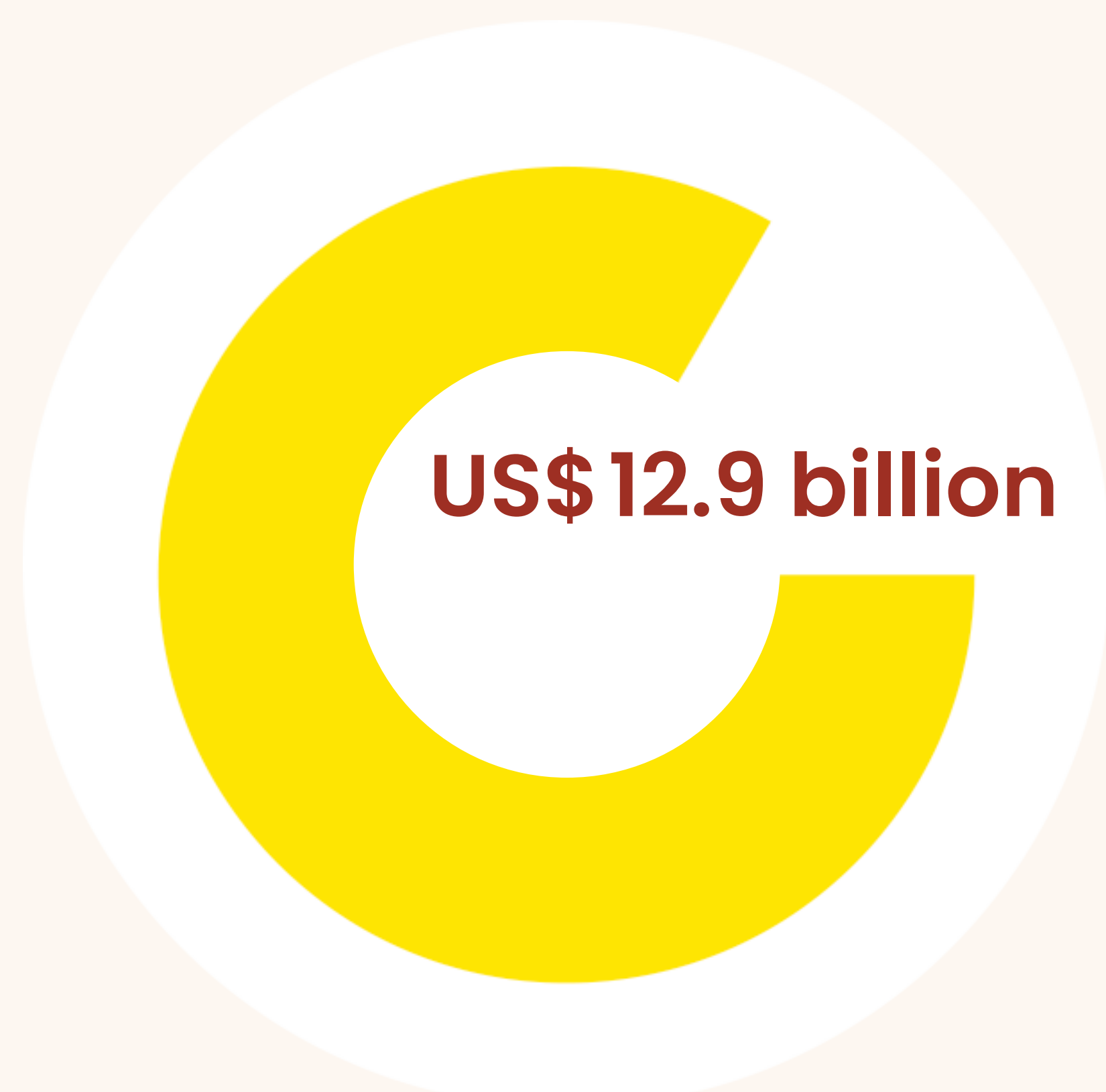
What is Bacopa (Bacopa monneiri)?

- A perennial, creeping herb native to the wetlands of Southern and Eastern India, Europe, Africa, Asia, and North & South America.
- Possess a long history in Ayurveda, Bacopa known as Brahmi in Sanskrit from “Lord Brahma – The Creator”.
- A holistic solution for brain health encompassing quality of sleep, memory, focus & concentration, and stress & anxiety.

The global sleep aids market: ^①



Sleep Supplement
Market Value 2023



Projected Market
Value 2034

3 key pillars of well-being

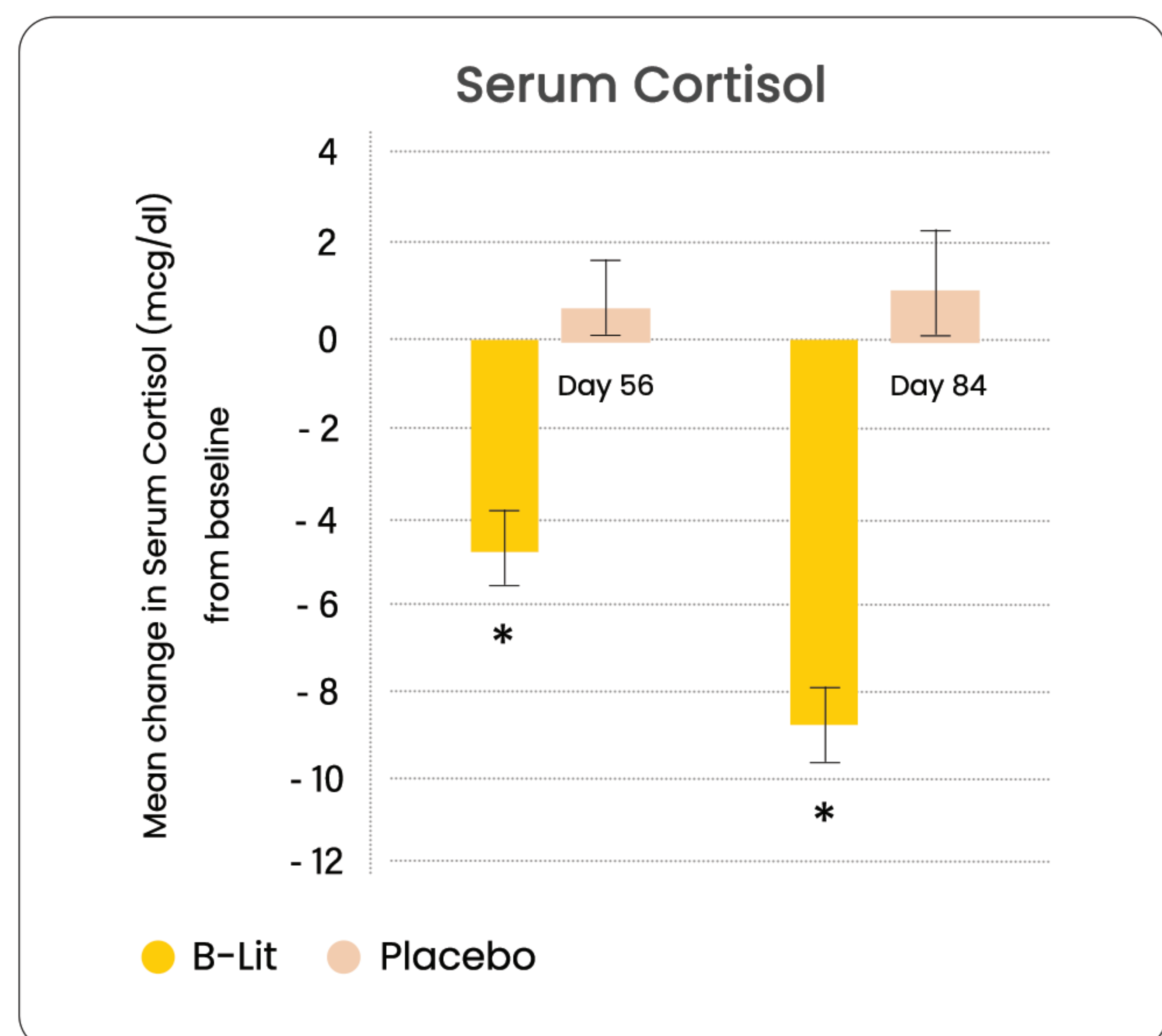
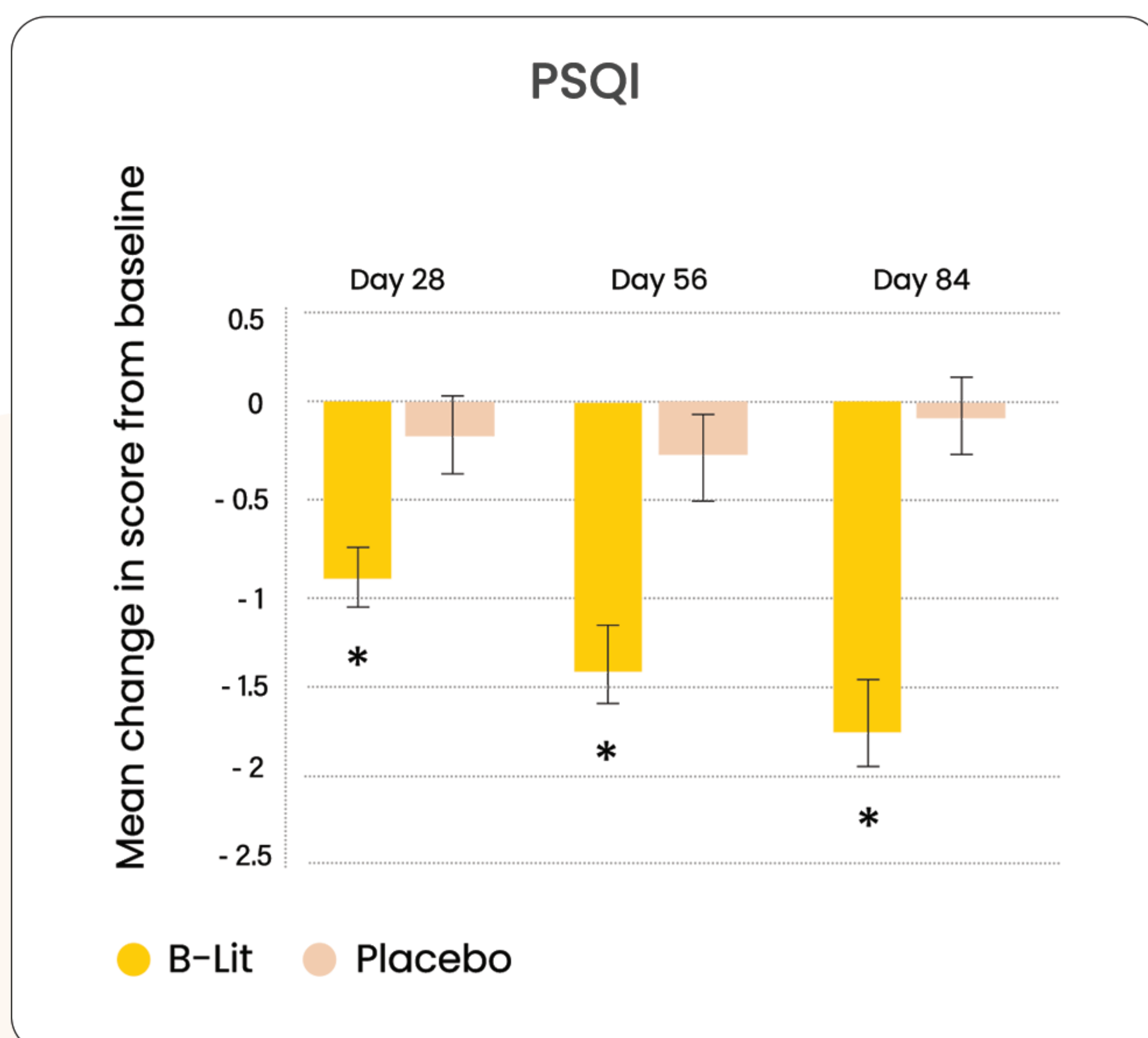


Sleep is one of the essential pillar of well-being



For Improved Sleep Quality: CLINICAL STUDY:

The gold standard clinical study of randomized double-blind placebo controlled & parallel group involving 80 participants. B-Lit Bacopa or a placebo was administered each morning post-breakfast for 12-weeks. Analyzed by the most widely used sleep questionnaire, Pittsburgh Sleep Quality Index (PSQI). The results revealed statistical significance in improved quality of sleep as early as day 28 and further sustained 3 months with regular supplementation for the B-Lit Bacopa compared to the placebo.



Reduced stress = Better sleep

Serum Cortisol/stress biomarker^② - known to increase in the situations of stress, and has a powerful influence on sleep patterns. B-lit bacopa substantiates its statistical significance on reducing serum cortisol levels/stress for 12 weeks upon regular supplementation which has shown improved quality of sleep compared to placebo.

B-Lit Bacopa difference:



Low dose - 300mg/day



High Bacoside content

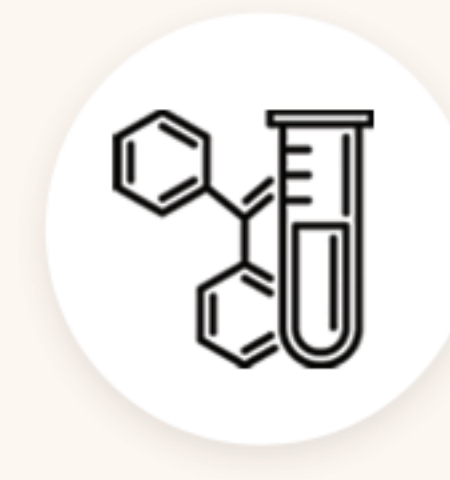


Vegan & Plant based



Clinically studied

- Best-in-class & most comprehensive study on Bacopa
- Shown to have impact as early as day 1



Formulated with BEAT TECH

- Solvent free, food-grade technology making Bacopa highly efficacious

CONCLUSION:

B-Lit Bacopa is validated to show reduction in stress & anxiety and improve quality of sleep as early as day 28. Embrace a refreshed next day with B-Lit Bacopa.

REFERENCES:

- <https://www.futuremarketinsights.com/reports/sleep-supplement-market>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6371989/>